

De Wilgenhoeve

Hei-en Boeicop



Dementia | design principles

People with dementia tend to be older so the general principles for designing gardens for older people should be followed. The features of dementia also need to be accommodated, for example, short term memory loss, which gives rise to confusion and anxiety.

Here are general principles of dementia-friendly garden design (Pollock, 2001):

- gardens should be accessible for people who use wheelchairs: avoid steps, steel ramps and uneven surfaces
- straightforward way-finding: the layout of paths – essentially a loop – could take the visitor on a journey and return them to the starting point, and specimen trees and features such as pergolas, sculptures, bird tables and large pots can act as landmarks
- create a series of places to sit, with focal points to look at; these should also be protected from bright sunlight, chilling winds and deep shade
- think carefully about safety – avoid obvious hazards such as overhanging branches, irregular steps, slippery fallen leaves in autumn and ice in winter; and avoid any species of plant, shrub or tree which might cause harm, e.g. poisonous plants or those with thorns, prickles or other parts which might cause injury or allergic reaction
- all parts of the garden should be visible from adjacent windows if people are to use the garden unaccompanied
- solid boundary screening/fencing should help the garden feel safe and enclosed and discourage people from trying to leave
- stimulate all of the senses all year round – colourful, fragrant plants and flowers, water features, wind chimes, etc.
- prompt remembrance by incorporating familiar, traditional plants and garden features. Design areas with themes: childhood memories, folklore, history, old natural remedies. Or add iconic elements / furnitures.
- create places for carrying out familiar activities
- the garden should produce something that can be picked (flowers, greenery, fruit or vegetables) then all sorts of other activities become possible
- avoid too many stimuli at once – this could become overpowering and the person with dementia may become agitated
- use gentle changes rather than strong contrasts. For example, avoid strong shadows on paths, which might look like holes; abrupt changes in paving materials may look like steps; or reflective materials which might look like water. These might give rise to general confusion and agitation and also present trip/fall hazards.

Attention Restoration theory (Kaplan)

Humans have 2 types different types of attentions, directed and spontaneous attention. The first is an intentional fatigue, needs concentration and control. The second one is soft fascination, which is one of characteristics of natural settings gives opportunity for recovery from directed attention fatigue. Restorative environments are those that provide opportunities for restoring fatigue of directed attention. Fascination is necessary for recovery but it is not sufficient. The environment should provide enough to see, experience and think.

Orientation

Views

Boundaries / frames

Reminiscence

No contrasts

Safety

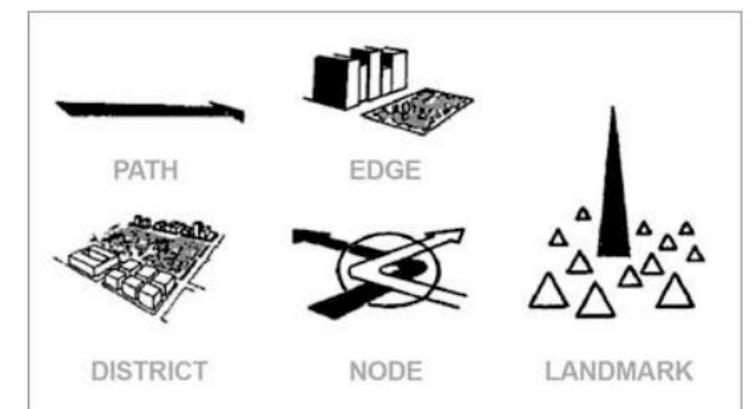
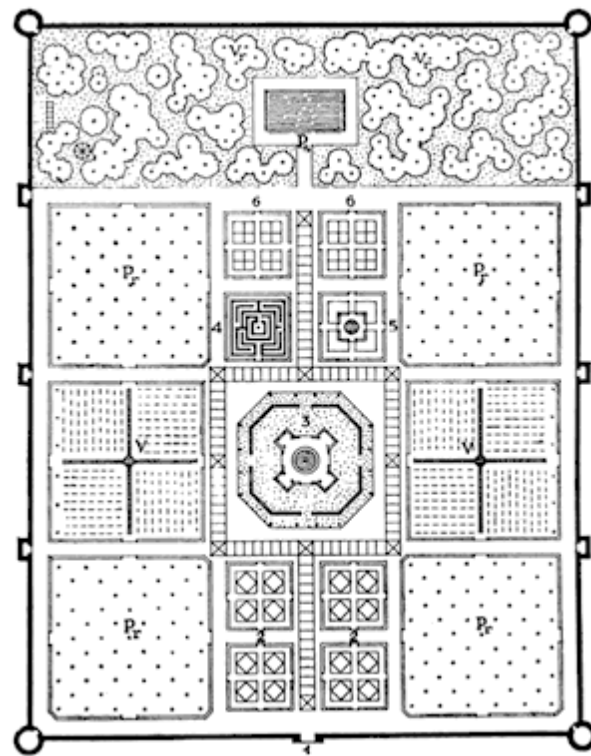


Image of the city, Kevin Lynch

Kloostertuin, hortus conclusus



Dementia garden, Port Macquaire _ Australia

The Dementia and Memory Community Centre is located in Port Macquarie, within the Port Macquarie-Hastings Municipality.



Healing garden | helende tuin _ dementia tuin



Context

Location

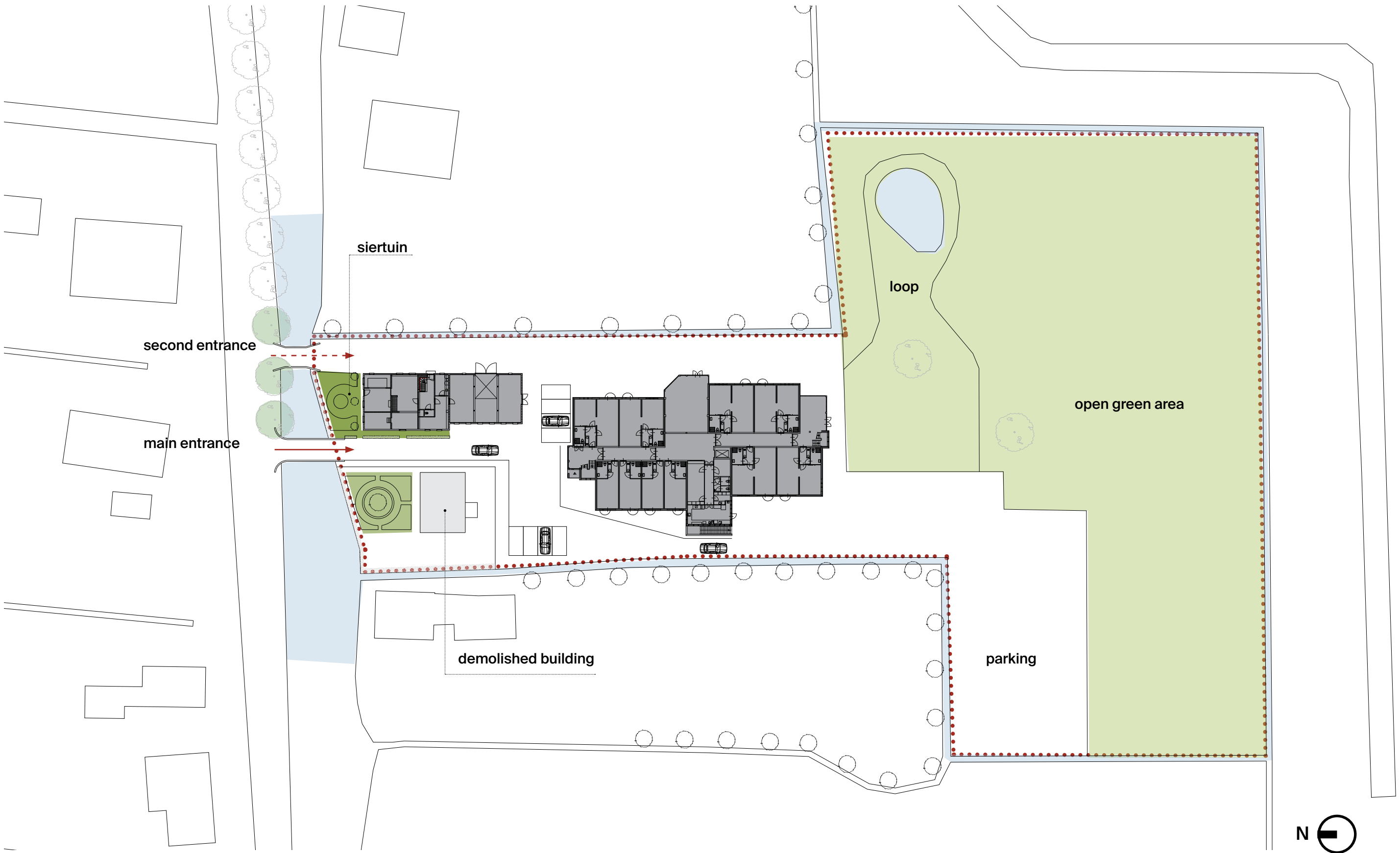


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Existing situation



Street side | siertuinen



Back side | open green area



Concept

Garden

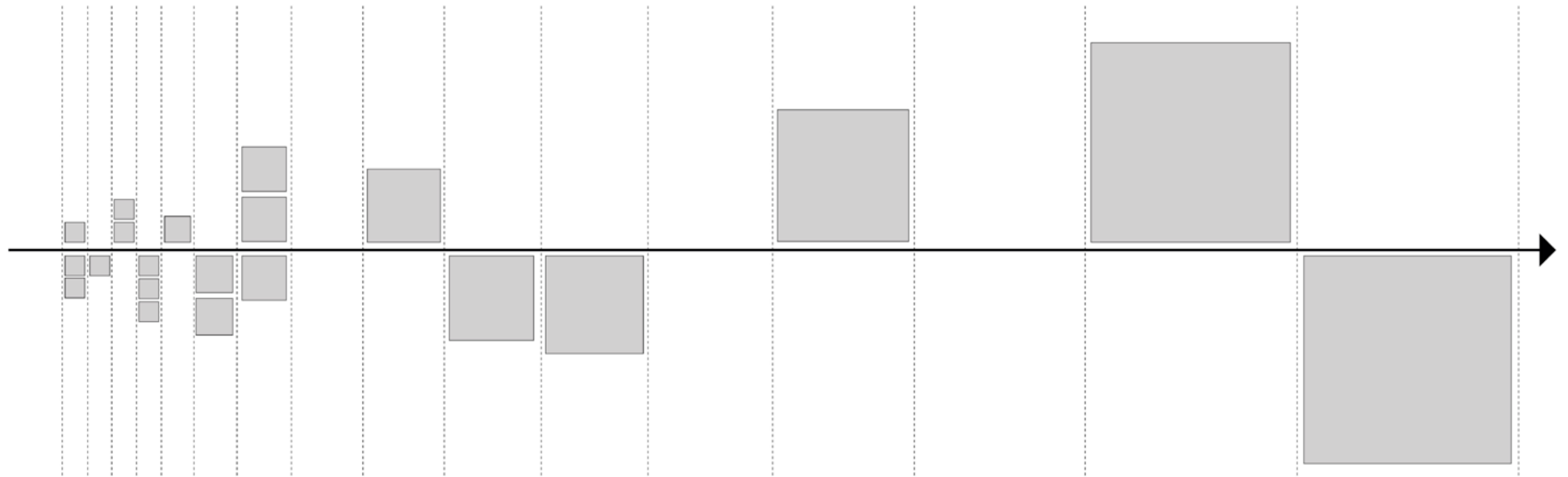
“A garden is a pre-selected habit pure refuge, laden with biological symbolic of safety. They provide a sense of rootedness and connectedness for the surroundings” (Tenngart, 2011)



Re-scale



Gradient



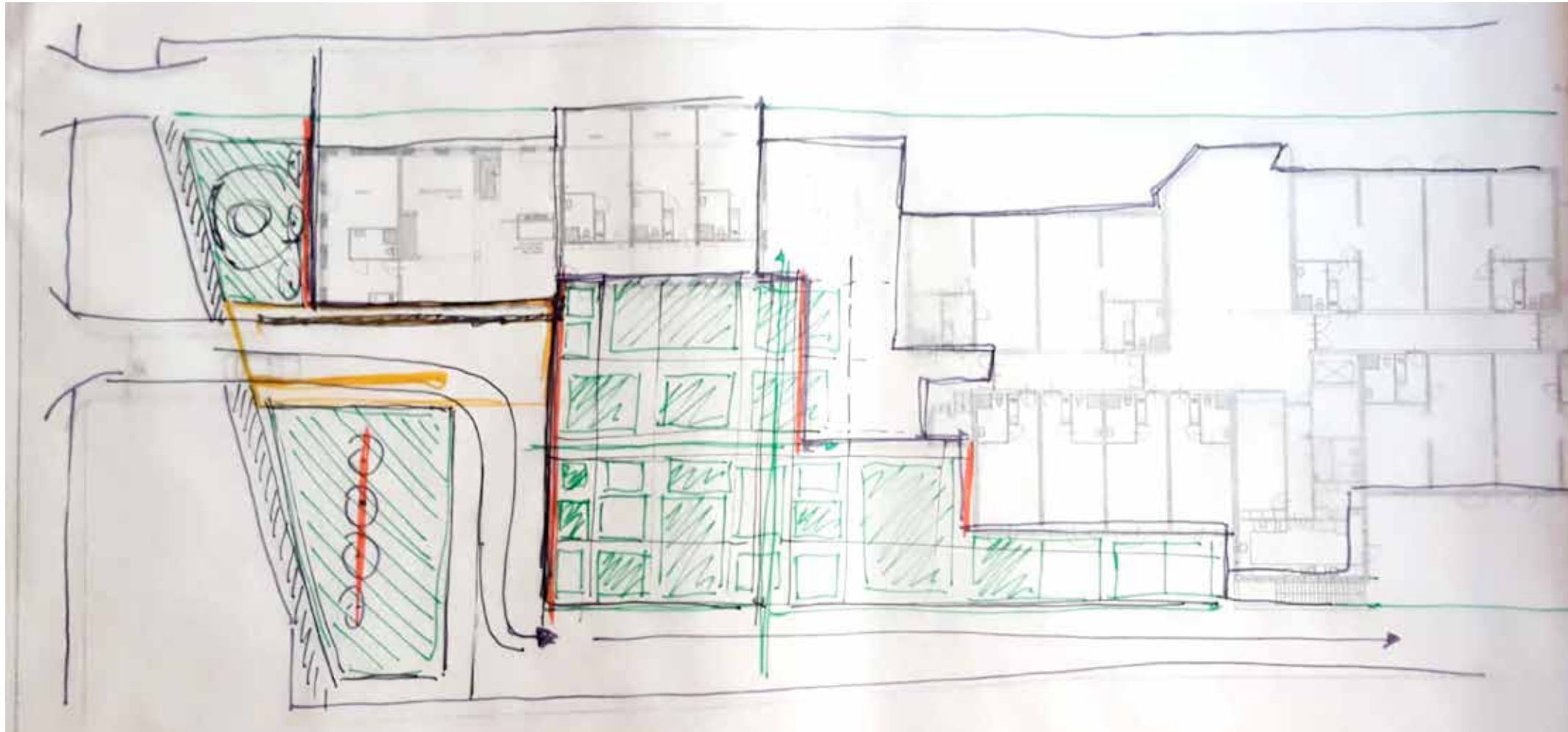
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Sketchplan



Referenties



Referenties



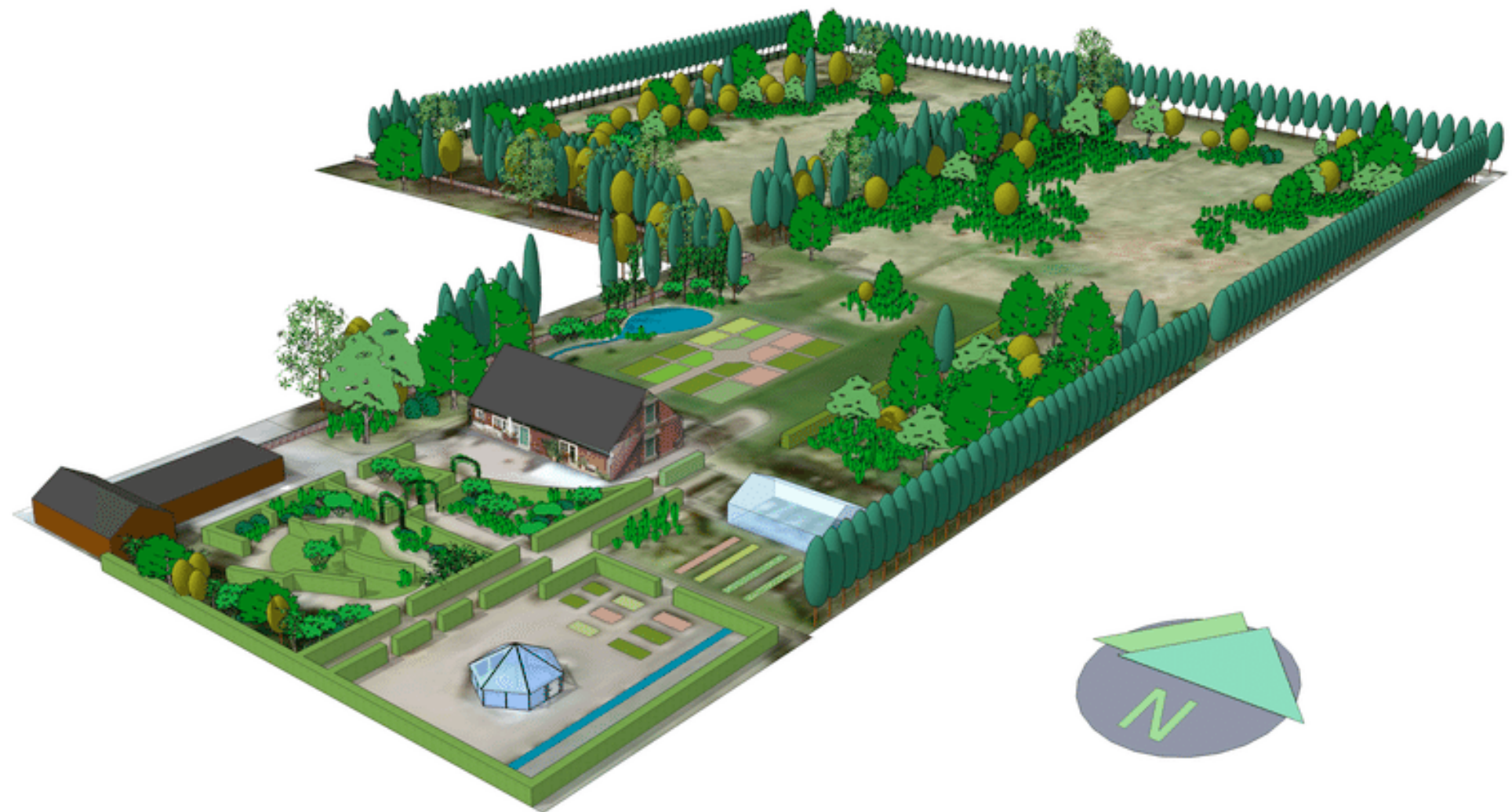
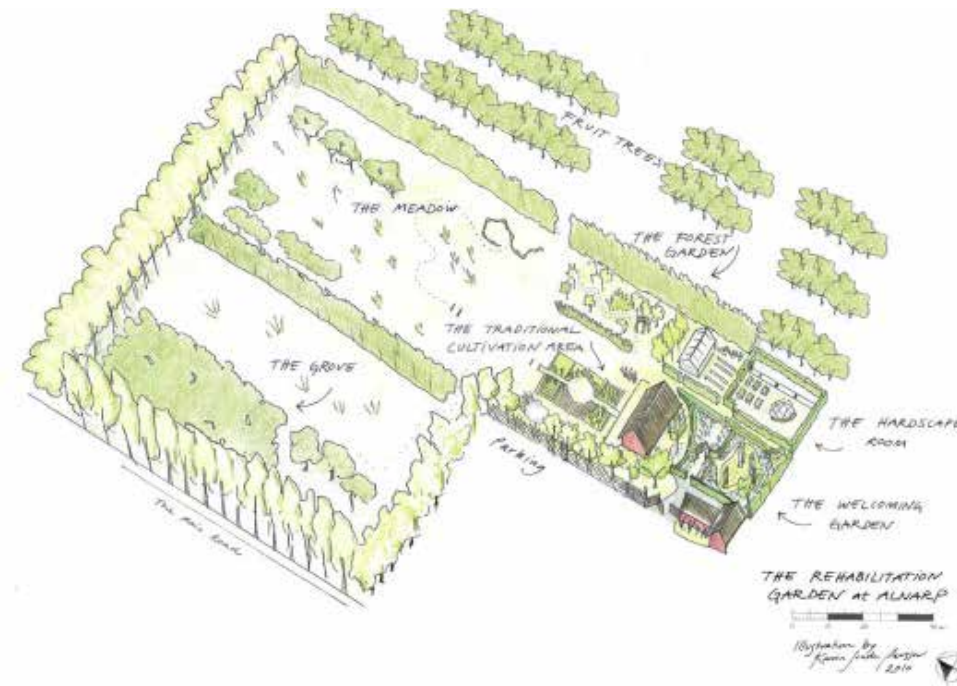
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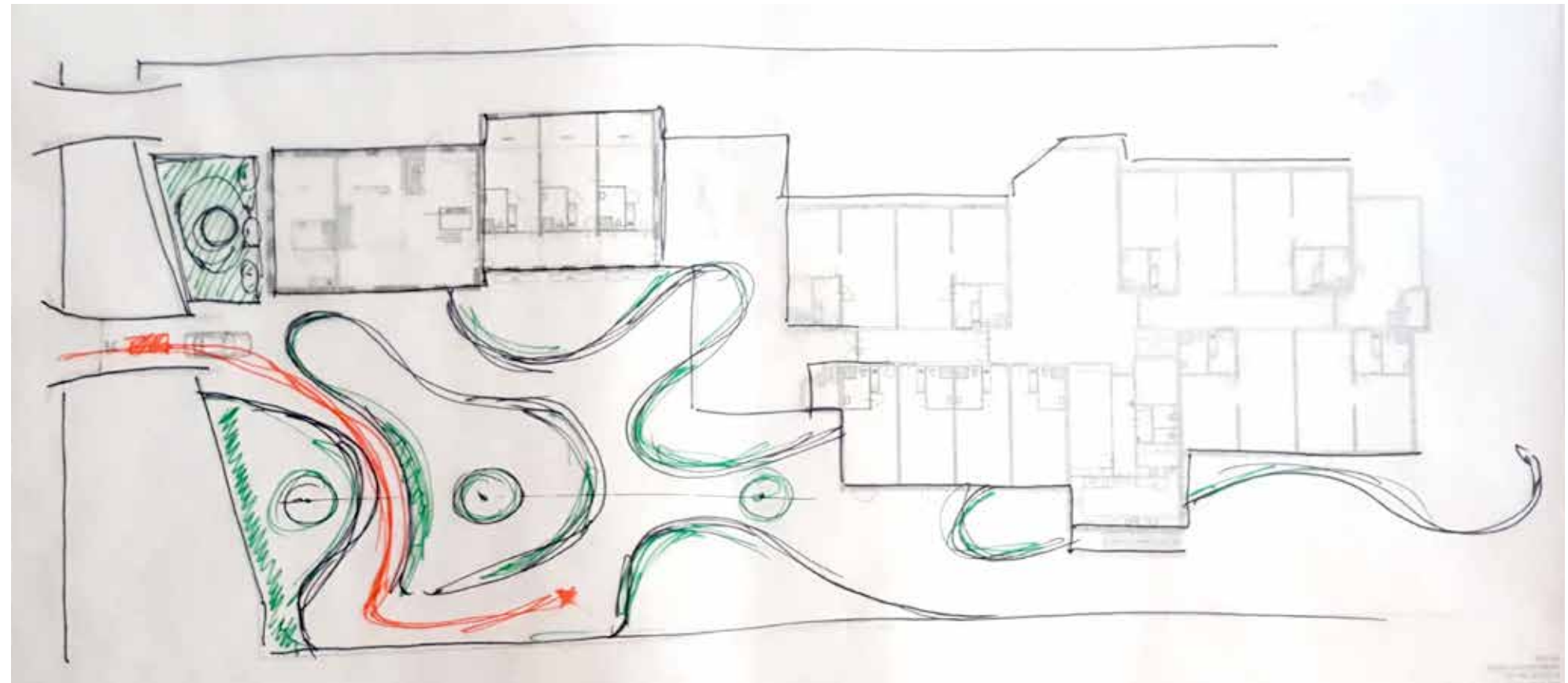
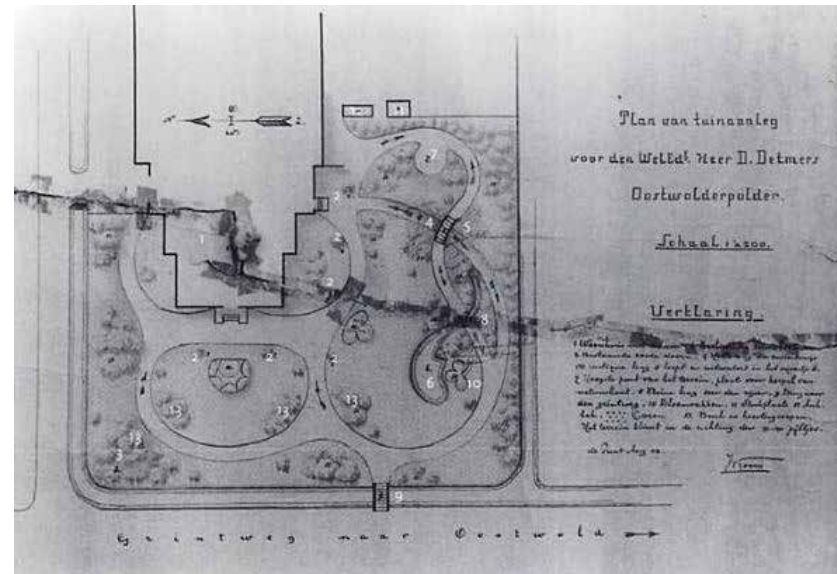
Bijlage

Alnarp Rehabilitation Garden _ Sweden

"In 2001 the Alnarp Rehabilitation Garden was designed and built in a corner of the university campus. The aim was to develop a new kind of therapy that combined the use of restorative natural areas, with horticultural therapy and traditional occupational therapy, physiotherapy and psychotherapy and create a garden design that merged theories on horticultural therapy with restorative environments. It was hypothesized that this garden environment, with its combination of possibilities for experiences and the different activities conducted within the therapy would be able to help people restore from stress and promote health"



Concept B



Slingertuin - Groningen

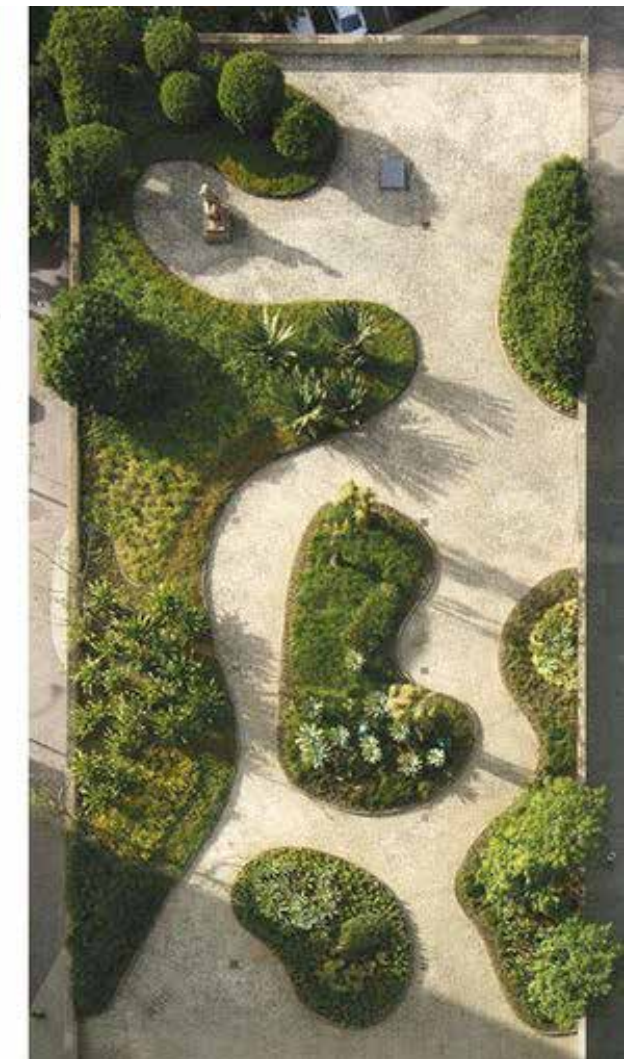


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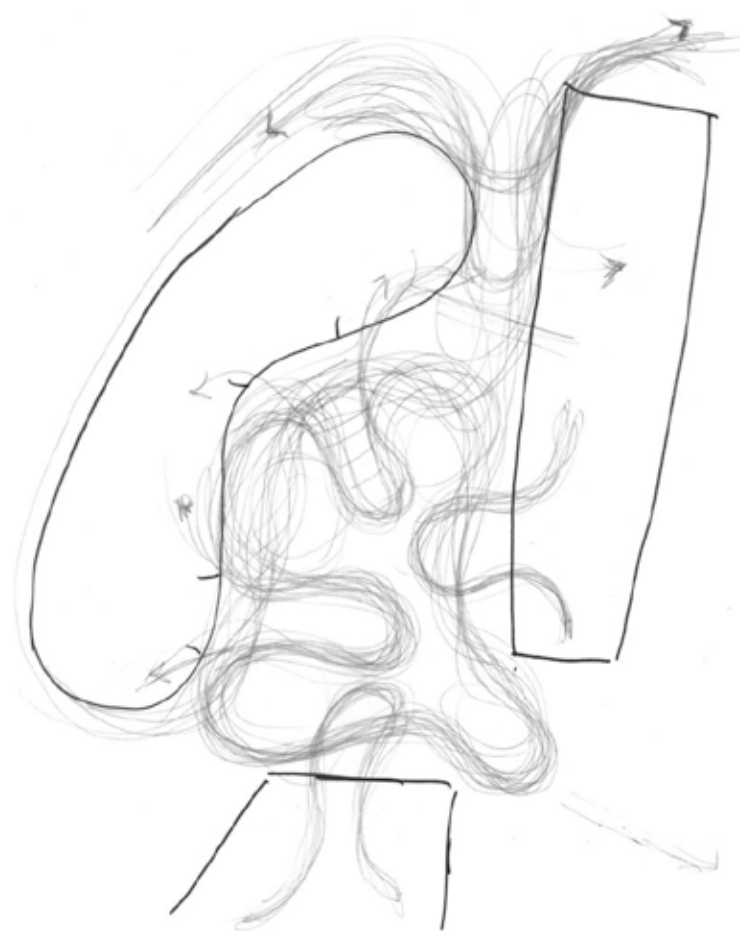
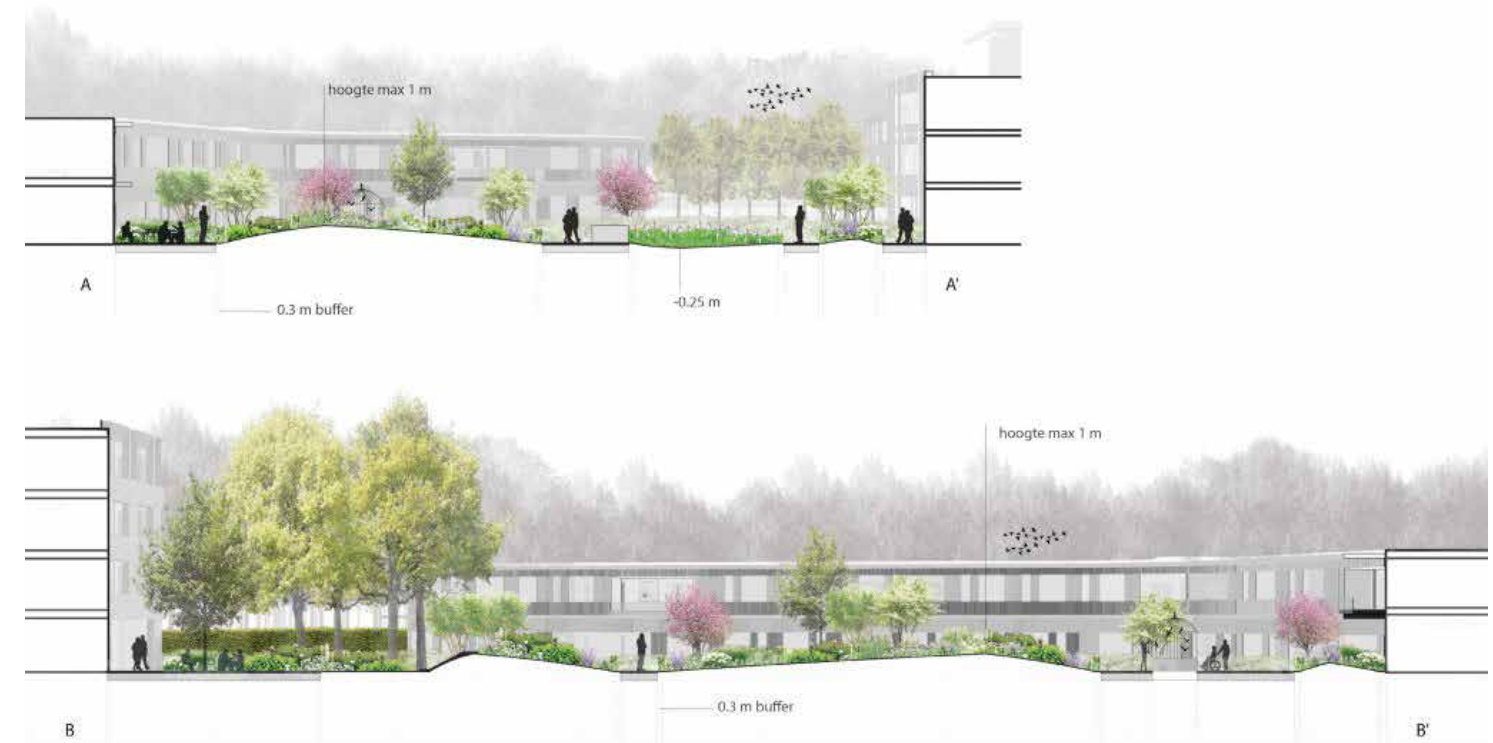
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Referenties



Warande Wooncentrum Heerewegen, Zeist _ Netherlands

Healthcare and nursing center Heerewegen is located on a former estate on the Stichtse Lustwarande in Zeist. Bureau B+B developed a master plan and a landscape design for this health care institute. The design of the site stimulates the emotional perception of the residents. The historical qualities of the estate give the center allure.



Hogeweyk, Weerp _ Netherlands

Hogeweyk is een beschermde woonbuurt voor mensen met de ziekte van Alzheimer en/of dementie, gebouwd in 2009, van het verpleeghuis Hogeweyk in de gelijknamige wijk aan de noordwestkant van de stad Weesp in Noord-Holland.

