

# Holiday Accommodations for People With Dementia and Their Family Caregivers: A Prototypical Concept

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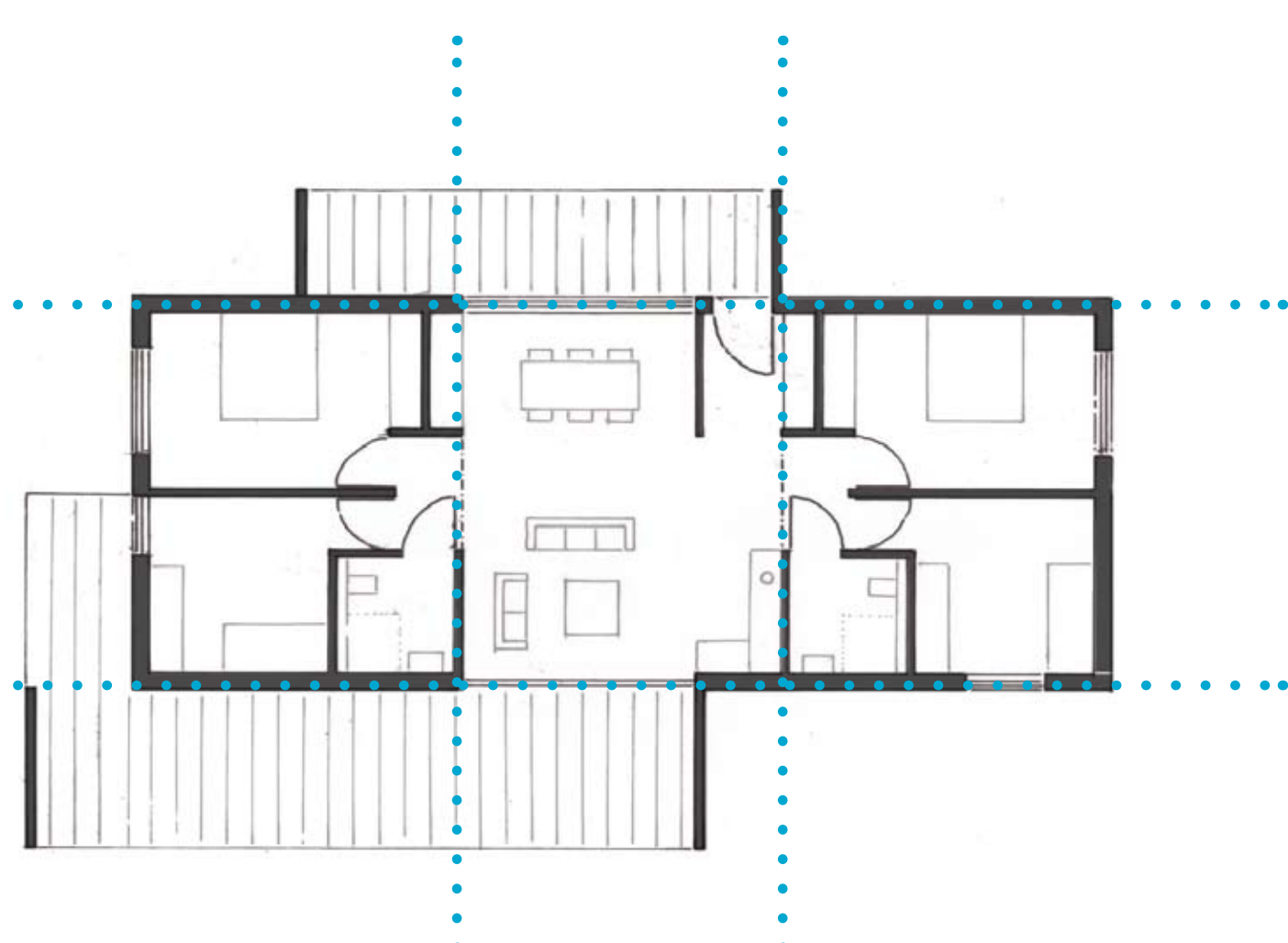
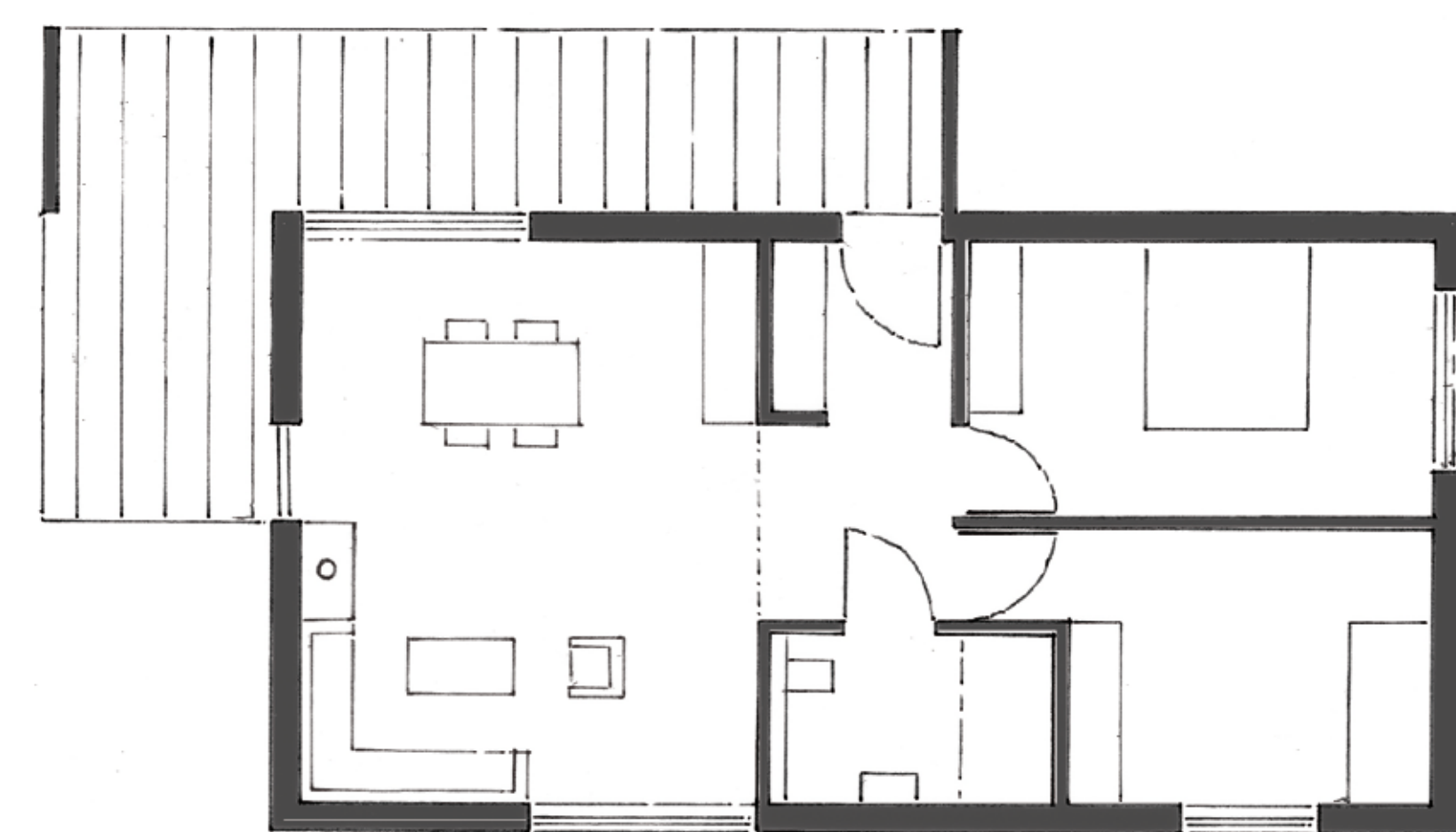
## CONCEPT

*Holiday at the seaside* in a small resort town was chosen to develop a prototypical, spatial concept for a holiday home for people with dementia and their family caregivers because in Germany, the North Sea and the Baltic Sea are popular holiday destinations for young and old. It aims at attracting various types of holiday-makers such as couples, families, or groups, to support the social inclusion of the target group. Also, the accommodation type small resort town enables to develop a holistic concept for a holiday home, which involves indoor as well as outdoor space.



## OUTDOOR

Access to the accommodation area is offered through a single, central entrance. The site is fenced in through natural boundaries, made of bushes, fences, and trees, to provide a safe and independently usable outdoor environment for people with dementia. Route guidance works through paths that are shaped as horizontal eights. On the one hand, this can facilitate orientation because all paths lead back to a central meeting point. On the other hand, this layout enables to easily structure the small resort town. For this example, *holiday at the seaside*, the area could be divided into different regional landscapes like dunes, woods, dike, and town center. The differently designed spaces act as an intuitively understandable and sensory system for both spatial and situational orientation and also provide activity space for the vacationists.



## LODGES

There are two different sizes of lodges. All lodges are single-floor, barrier-free, and clearly structured. The homelike layout and atmosphere is supposed to facilitate the relocation of people with dementia and support their independence. The lodges offer space for communication as well as retreat.

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## BACKGROUND

Due to their cognitive and age-related bodily impairments, people with dementia need assistance with numerous daily tasks. Because most of them are living at home, family members perform the caregiving role. However, this means an enormous physical, emotional, and social stress for the informal caregivers, who, therefore, need to take periods of rest regularly. Assisted vacations are an important type of potential support for family caregivers. Unfortunately, few holiday accommodations meet the specific needs of the target group.

## METHODS

Dementia-friendly physical features were identified through a literature review on design for people with dementia. Qualitative interviews with caregivers aimed at assessing the demands of the target group on the built environment. Through a synthesis of the results of the previous steps, design criteria were developed and, consequently, transferred into a prototypical concept for a holiday home.

## DESIGN CRITERIA

- (1) Create a **barrier-free environment** to compensate people with dementia and also caregivers' bodily impairments.
- (2) A **dementia-friendly environment** compensates cognitive impairments and supports the independence of people with dementia. Thus, it also brings relief to caregivers.
- (3) Provide **situational orientation cues** to alleviate the relocation to unfamiliar surroundings for people with dementia.
- (4) Offer **space for activities** to give couples the opportunity to spend nice and relaxing moments together.
- (5) Support the **social inclusion** of people with dementia and their caregivers. Space for communication, where vacationists can meet, and space for retreat are needed.