

Porritt Care Home

The next generation, later living dementia care home for Ramsbottom.

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Executive Summary

Lavender Hills has been operating as the only residential care home in Ramsbottom for several decades, focusing on providing a low to medium care acuity for those in later life without a major cognitive impairment or need for physical care.

It operates within a none purpose built environment and is split across four floors of undulating corridors serviced by three lifts and five stairwells servicing 42 bedrooms.

The implication of this poses significant constraints on the ability to provide care to people with a dementia. This comprises both existing residents who have had to be discharged to other homes out of the borough and an inability to meet a local need for suitable dementia care in the area.

This is being recognised as a stark and increasingly problematic issue that is having wider ramifications on families and local health services.

Consequently, this has lent itself and drawn inspiration to the proposals for Porritt Care Home.

Designed and built in accordance with offering an alternative approach to dementia care through the household model of care. Porritt Care Home seeks to fuse and draw upon the extensive experience of the design team and Millennium Care in their passion for designing a built environment that has therapeutic benefits for people with dementia.

The proposals for this are through the creation of 48 bedrooms arranged across four floors configured around a central home hub with an open plan lounge dining space. Central to this is the domestic kitchen being the heart of the home, designed specifically to promote meaningful engagement around the social participatory benefits of the daily rhythms of the mealtime experience as part of a household model of care.

This will be supported through a focus on the importance of on site amenities designed to mitigate the risk of age related loneliness through an onsite community bistro, intergenerational play spaces, bird watching huts and decks to promote ornithology, garden kitchens and a strong emphasis on the importance of access to and engagement with outside natural spaces through a multitude of varied outdoor garden and landscaped spaces.

Porritt Care Home seeks to deliver dementia care not through the lens of an institutionalised approach and focus on medication as an antidote to ageing with a cognitive impairment; however through a necessary and considered approach to a wide range of holistic interventions.

This has been adopted to profound success in the Netherlands in villages such as De Hogewyk and presently in a very small and limited number of care homes in the UK. Porritt Care Home will be amongst the first in Lancashire to adopt this approach.

Consequently, this will ensure that as the population of Ramsbottom and Rossendale ages and requires a specialist dementia care facility, Porritt Care Home will be able to offer this under the lens and adage of innovation. It will also ensure and safeguard that those who live at Lavender Hills are guaranteed a home for life through a negation of the need to move to other facilities and mitigating the risk of transfer trauma and premature mortality associated with moving care facilities in an unfamiliar environment and setting.

Fundamentally, the increase in capacity will also seek to integrate within the wider health and social care ecosystem.

Research has proven that those living in a household model of dementia care are less likely to be admitted and re-admitted to hospital. The additional capacity will also reduce the pressures of hospital bed blocking associated with a lack of suitable dementia care homes and the consequential impacts of reports of excess deaths linked to this.

Millennium Care

Millennium Care is a small Lancashire and Greater Manchester based care home operator and developer. It currently operates five care homes, all with Care Quality Commission Key Line of Enquiry ratings of Good and Outstanding. The focus of the organisation is in adopting care models that deviate from institutionalised practice and resemble a household.

This is through a considered approach to how the environment is designed, built and also how the organisational hierarchy within a home is designed to be flat to ensure that the culture within a care home is centred around meaningful engagement and the neurological benefits of being social in a care setting.

The experience of the company has unequivocally demonstrated that an inhibitor to this is the design of the environment. A lack of open plan spaces, limited access to the outdoors, spaces that exacerbate the hyper acoustics associated with dementia and limited natural daylight all contribute to exacerbating the anxiety and agitation associated with dementia.

Fundamentally, the pandemic had also demonstrated that the highest number of covid related deaths and viral outbreaks were often in homes that could not effectively zone and cohort due to the constraints of not being purpose built and due to an inherent large and centralised system of communal areas.

These two facets have provided a tapestry of experiences and sources of purpose driven inspiration for Porritt Care Home.

This draws upon the positive experience of Millennium Care's Worthington Lake Care Home in Wigan. A household model of care dementia care home. Data has confirmed that those that live at this home far outstrip the statistic longevity of those with dementia that live in a care home, with improved sleep and wider care outcomes. Its design as a series of households also allowed it to safely zone and cohort. The impact of this being negligible outbreaks and it being amongst the least impacted by covid related mortalities during the pandemic.

Design is therefore considered to be of fundamental importance in the role that it plays in dementia care and central to Millennium's plans and intentions for the Lavender Hills site with Porritt Care Home in it being a beacon and centre of innovative care practice.

Worthington Lake has been a highly successful design project, with the care home having won regional and national awards for its care practice, its design and also featured in the publication, The Architecture of Dementia, as a best practice example of the intersection of dementia design and the household model of care achieving a Stirling University Gold Award.

Porritt Care Home seeks to build on this and over 30 years' experience of operating care homes to provide an alternative and innovative approach to dementia care in Ramsbottom and Lancashire.

ACA Architects

Alessandro Caruso Architects is an award-winning healthcare architecture practice in Hull, located in Doncaster and Beverley. They offer architecture and interior design services to health and social care, commercial, education and residential sectors. Their mission is to improve people's lives through innovative and passionate design, creating happier and healthier experiences for everybody who enters their buildings.



Porritt Care Home

Porritt Care Home will be at the forefront of later living care, the exciting proposals will see the creation of 48 specialist dementia care beds, the home will join Lavender Hills Care Home which has a history of supporting the Ramsbottom community with elderly care. The home will meet a growing need for dementia care beds in the region.

Facilities

- 1 Existing Residential Home - Lavender Hills Care Home
- 2 Dementia & Memory Care - Porritt Care Home
- 3 Rooftop Terrace
- 4 Rooftop Community Bistro
- 5 Intergenerational Play Area
- 6 Male Dementia Floor
- 7 Extra Care Apartments



Challenges at Lavender Hills

Lavender Hills comprises of 42 bedrooms in three interconnected buildings that form sequences of extensions from the original home.

It is a environment where the order and precedence of priority in its design has been on the density of bedrooms per floor and interfacing this with the topography of wrapping around the existing main house building.

The consequence of this is a direct lack of facilities, resources and a building fit to provide care for people with dementia. Whilst it uses principles such as landmarks, colour coding, signage and way finding strategies; cumulatively this cannot mitigate or balance the impact of a poorly designed layout.

If; for instance, a resident residing on the fourth floor wanted to gain access to the ground floor lounge or dining room and lacks mobility, they would need the assistance of a staff member to support them in using three lifts spanning each subsequent extension.

Someone with dementia living on this floor that cannot communicate the need or wishes to navigate independently to other spaces within the home would find this almost impossible due to a memory impairment. It would seek to cause stress and trigger environment related anxiety.

The home features a complex series of undulating corridors, blind spots, no open plan spaces and no proportionality in the ratio of living spaces to bed spaces per floor.

This creates and presents itself with a series of sustained challenges both operationally and principally in the inability to provide effective dementia care.

Just as well designed care environments have therapeutic benefits for people with dementia, such as in the configuration of the household model; a poorly configured and designed environment will have detrimental impacts.

If the home was to be subjected to a dementia design audit tool using the principles of Stirling University's Dementia Services Development Centre design audit, it would unequivocally demonstrate that the existing home is substandard.

Having run the home through this audit, it achieved a total score of 23% with a wide range of fundamental standards not being met.



A non-purpose built care home is not fit for later stages of dementia care.



Lack of open plan spaces increases a feeling of being lost and anxiety.

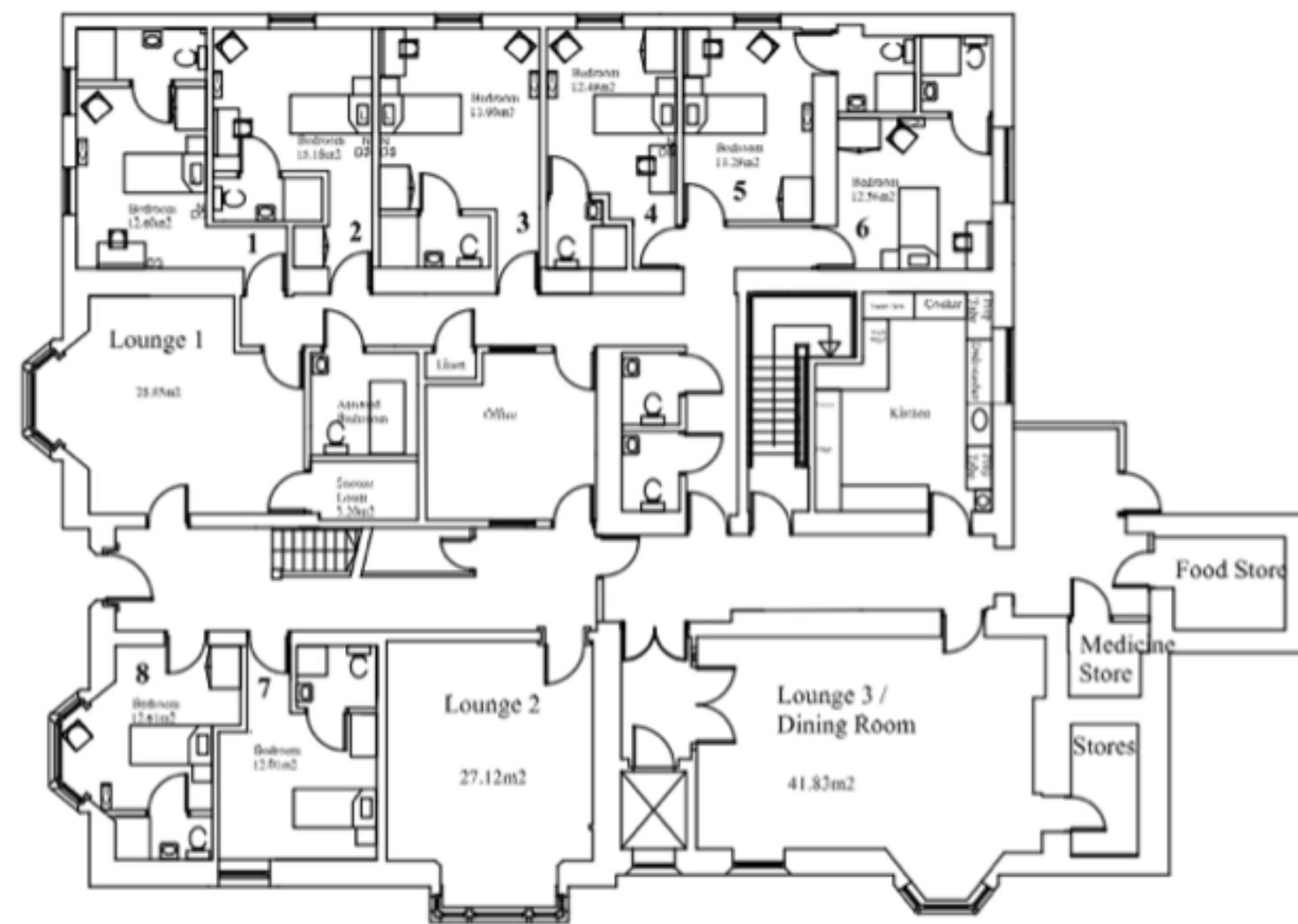


A poorly designed environment can exacerbate the conditions of dementia.



Not being in control of one's environment with dementia increases an already elevated state of stress.

Ground Floor



This space has seven bedrooms, two of which have patio doors, the others only have access to outdoor spaces through the dining room onto the home's terrace and the front door. This space presents constraints in accessing outdoor spaces. The route to the WCs is not obvious nor is access to the communal or living spaces which all require a series of turns to be taken.

Opportunities for natural daylight in bedrooms 1-6 are constrained by virtue of facing onto a retaining wall. The dining space is immediately adjacent to a commercial kitchen and prone to noises and high foot traffic associated with this which can be at risk of disturbing the mealtime experience for someone with dementia.

This theme and principle continues throughout the entire home, with the subsequent floors being a further case in point.

First & Second Floor

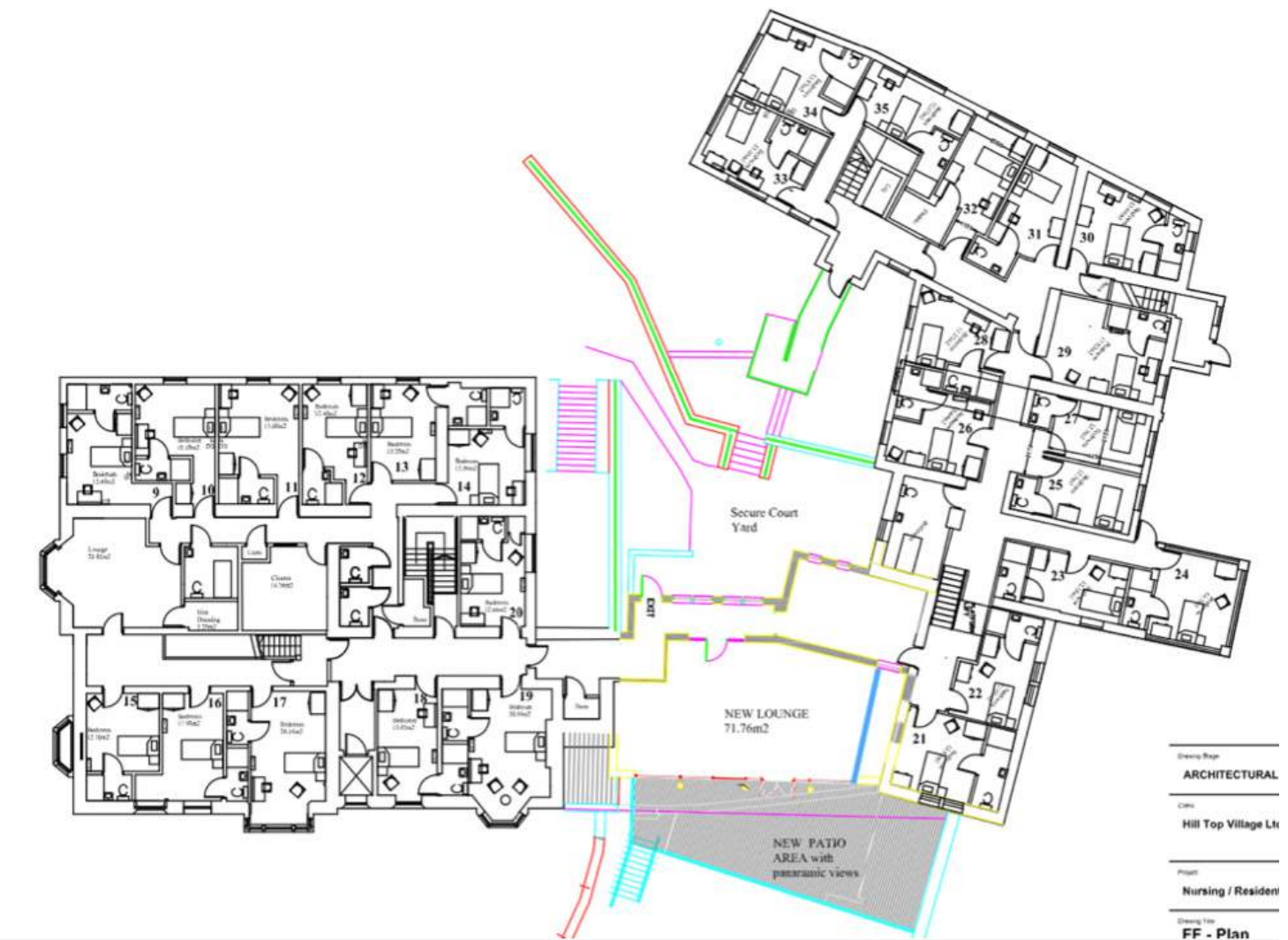


As a consequence of living in an environment in which its environment is not designed specifically to optimise the wellbeing of someone with dementia, a poorly configured environment presents several challenges; specifically:

Wondering - Those with dementia at Lavender have been at risk of wandering behaviour where they have been reported to walk aimlessly and wander around to points that do not lead to a destination. In addition to this, there is also a risk of elopement due to inadequate security measures, clear boundaries and effective supervision.

Increased Confusion & Disorientation - The configuration of the environment at Lavender Hills lacks clear visual cues and wayfinding elements. This has contributed to confusion and disorientation which increases the risk of frustration, confusion, anxiety and an increased risk of falls.

Falls & Injuries of the Five Homes Within the Millennium Care Portfolio - Lavender Hills has the highest environment related falls data for people with a cognitive impairment. It is strongly felt that this is contributed to and by the layout of the building. Dementia can affect balance, spatial awareness and coordination. By virtue of this, a poorly configured environment is an instigator of increased falls and injuries related to falls which can have a longer term impact on a deterrent to mobility and subsequently maintaining independence.



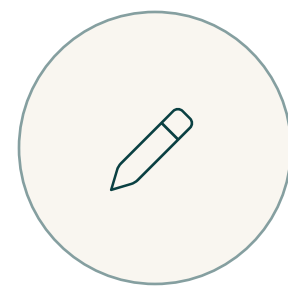
The Solution

Porritt Care Home has been designed with a guiding principle of how the design of the built environment has therapeutic benefits for people with dementia.

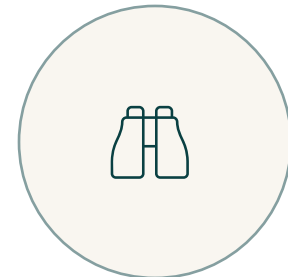
This culminates experience from the care home operator Millennium Care who has been involved as part of a steering committee in Stirling University's Environment for Ageing and Dementia Design Assessment Tool (EADDAT), operating an existing purpose built household model of care and the extensive academic and industry design experience of the architect, Alessandro Carusso.

The care home has been designed to the highest standard to achieve the accolade of an accreditation in dementia design using the EADDAT tool and a wide range of measures to improve the lived experience in a care home. Its design has been specifically benchmarked against academic research.

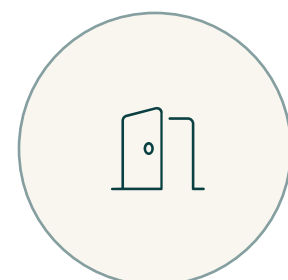
The design of the home promotes several key features, namely:



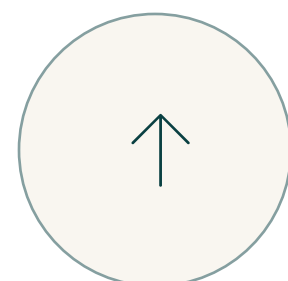
The design promotes visual access to each communal space with orientation towards social spaces.



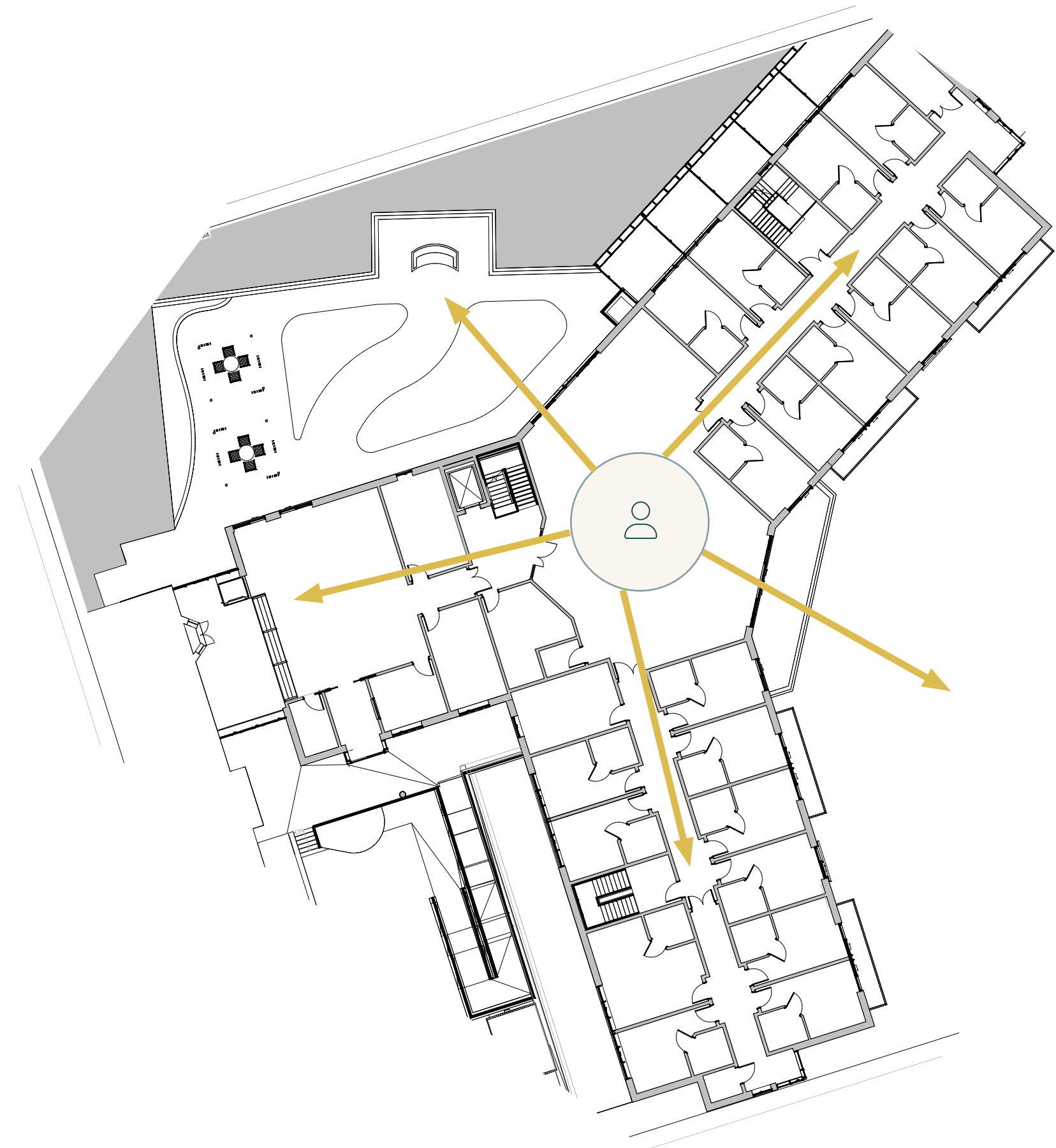
Points of interest at each destination with views over the Rossendale Valley.



Over 22 doors lead to outdoor spaces promoting safe access to the outside which has multiple health benefits.



Wayfinding is orientated naturally not through the use of signs but through the obvious layout of the building.



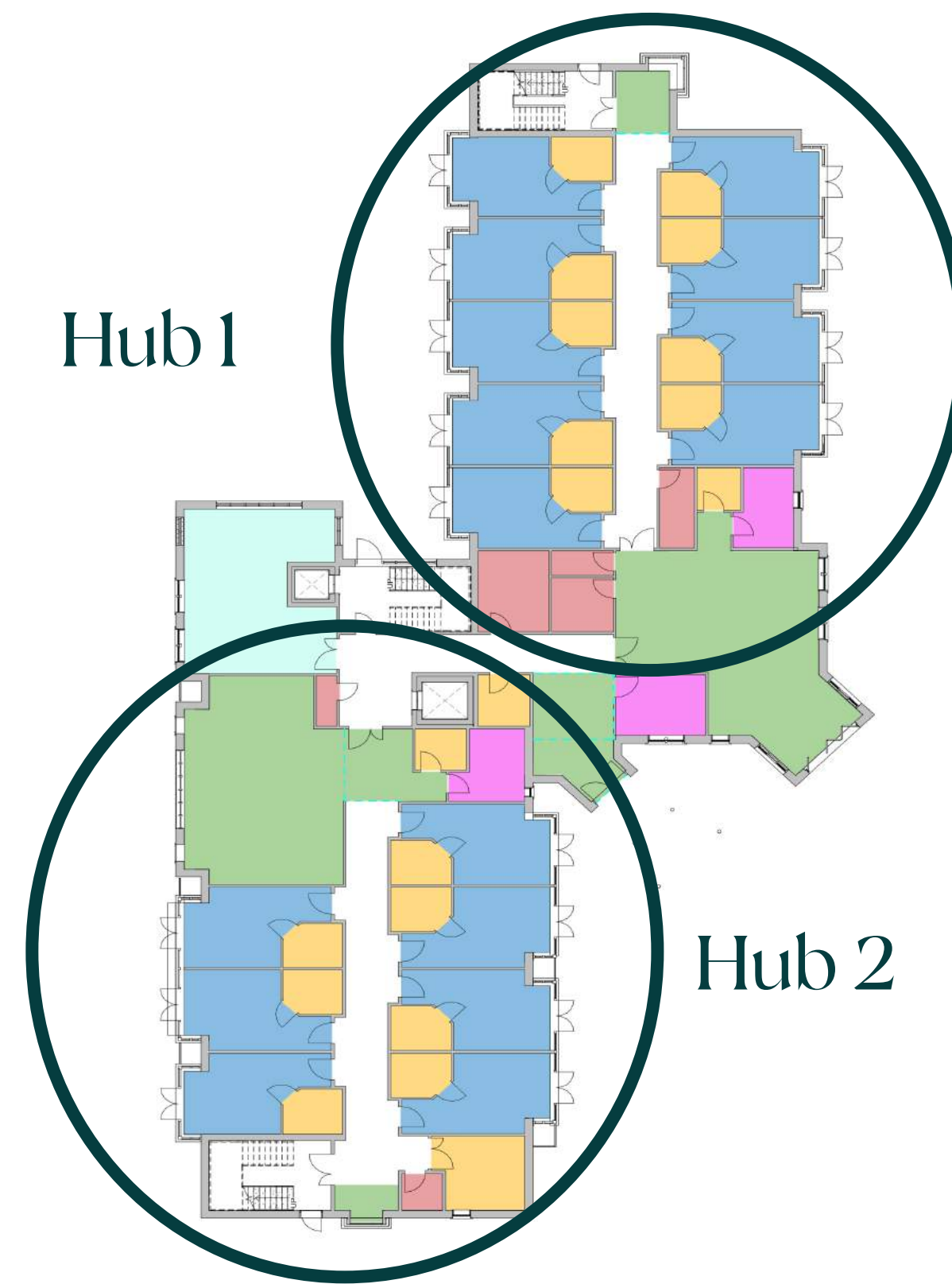
The Impact

Millennium Care has operated a household model of care for four years at Worthington Lake Care Home. Data from this home unequivocally proves that people live longer and significantly outstrip the life expectancy of those who live in care homes.

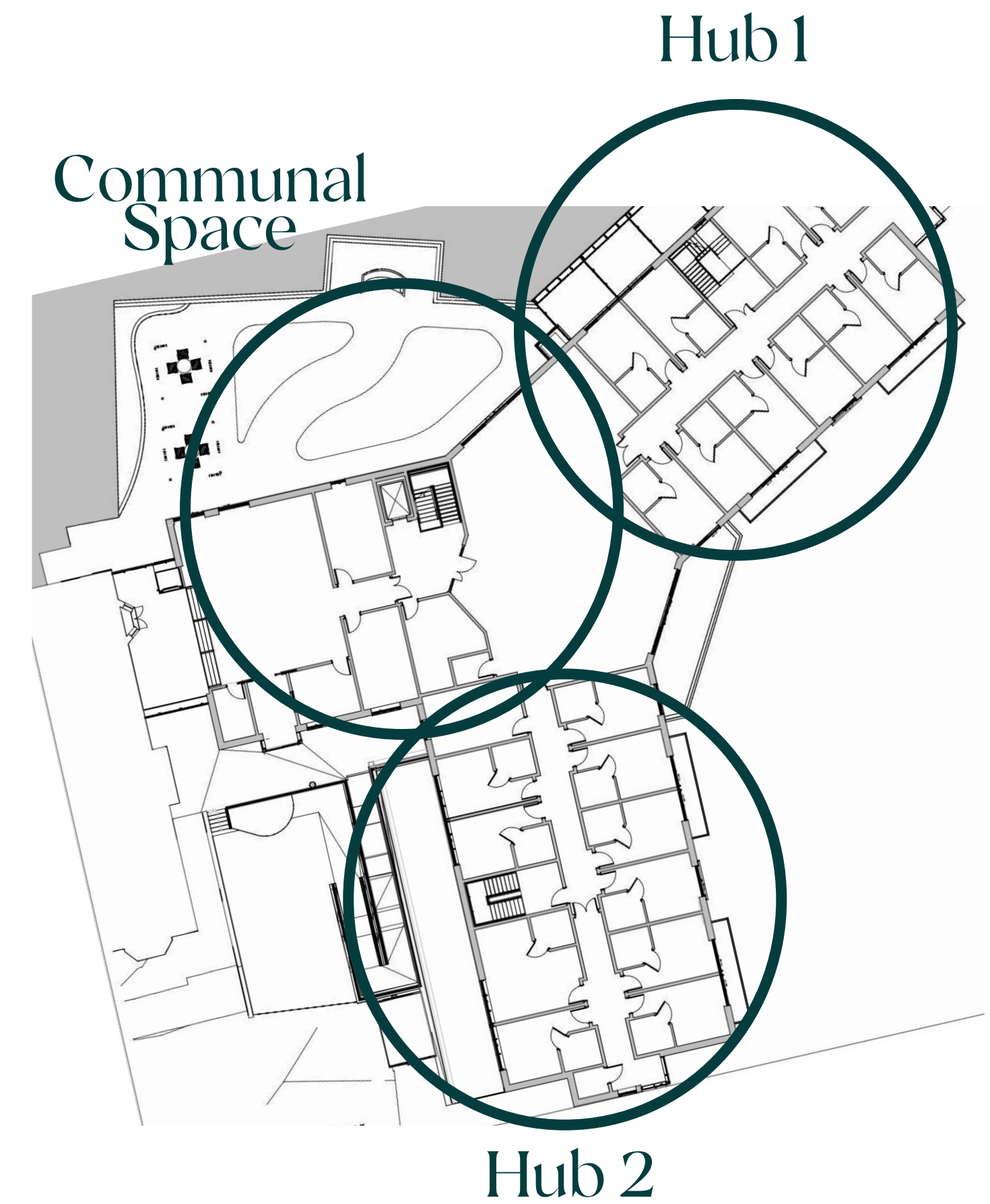
This configuration similarly promotes wayfinding towards the central home hub open plan kitchen. In addition to this, Millennium Care is currently in the process of constructing a household model of care home in Wigan centred on the same principles with the design factoring in feedback from key stakeholders, Langtree Care Home.



Worthington Lake Care Home



Langtree Care Home



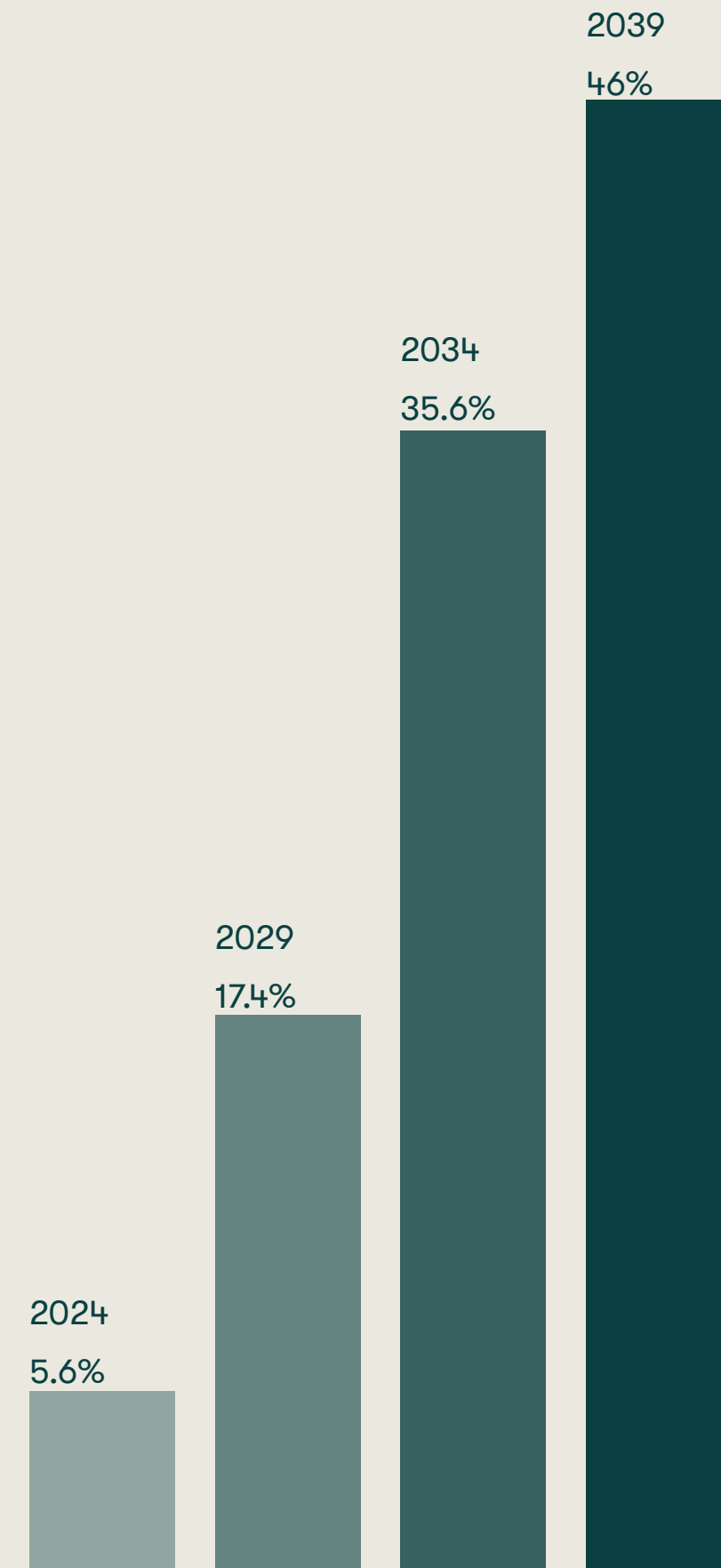
Porritt Care Home

Local Needs

1
Dedicated dementia care home in Ramsbottom & Rossendale.

982
Care home beds needed by 2024.

406
Dedicated dementia beds needed by 2024.



Population growth in the over 65s is expected to rise by 46% by 2039 compared to 2022.

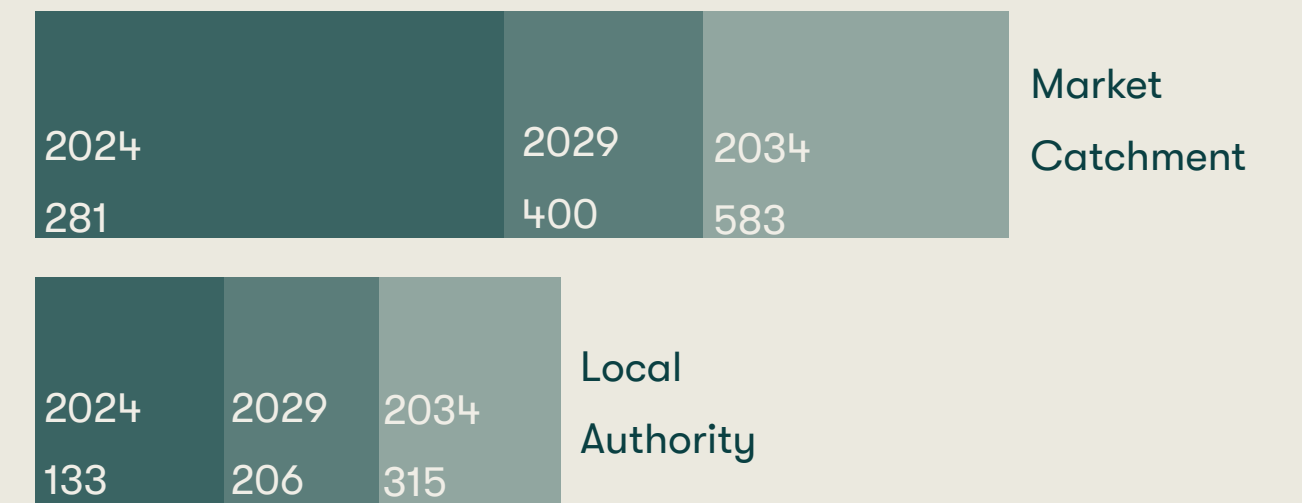
The average population growth of the over 65s is expected to be 1.2% per year.

This bar chart shows the projected rate of growth over the next 36 years.

0
Number of care homes planned in market catchment by 2026.

The below graph highlights the need for market standard care beds in both the Local Authority and the Market Catchment areas.

The Market Catchment need outweighs the Local Authority need over the next 12 years.





Ken's Story

In 2022 Ken moved into Lavender Hills Care Home. A former doctor diagnosed with dementia, his family were keen to find a home that would suit all his needs.

Finding Lavender Hills was a joy. Richard, Ken's son, said:

"We looked at Lavender because my brother lives in Ramsbottom. It's a beautiful place, a lovely setting and you just feel like you're in the centre of nature, which is just perfect because Dad walked a lot, he lived at the top of a hill as well so he would appreciate the views.

"We really got on well with the staff, they were incredibly helpful and the with all the facilities that they had with all the different spaces of land we thought it was brilliant."

But unfortunately, it was not that easy. After the initial move, the team at Lavender quickly began to realise the home was not where he could thrive.

"The home was like a maze to him. The layout was a challenge and being over multiple floors only exasperated the issue. Stacey, the Home Manager, identified the problem.

"She said, 'he might settle here', but they weren't sure on the timescale. Stacey said they have another home in the group that isn't too far away with a space on their dementia wing if we wanted to have a look."

After visiting Brookdale, Lavender's sister home, it was decided that Ken would move. Since then, thankfully, he has felt the benefits.

"It was a bit frustrating when we thought we had everything sorted and then realised, maybe we haven't? But we did get sorted. He's doing much better.

"I know as needs progress, it's quite common for people with dementia to deteriorate quicker after moving them because of the change so I'm glad for the honesty from the staff at Lavender."

Stacey, former Home Manager at Lavender Hills and now Millennium Care's Group Regional Manager, said:

"Our main aim is to do right by our residents and their families. Unfortunately, we felt we couldn't give Ken the environment he deserves. We're glad Brookdale has worked out so well for him.

"It's hard to move residents on when we can't support them. It's hard for us, the resident and their families. The proposed development would alleviate those issues, knowing that our residents have that continuity in place and they'll be cared for in the same beautiful, familiar surroundings with the carers that know them as their lives change."

Although far from ideal, Ken has been able to move and adapt, but for many it is not that simple. The need for additional specialist dementia and EMI care in the region is huge and will only grow. An expansion at Lavender Hills would, at the least, provide peace of mind for now and generations to come.



Stacey Astin, Regional Manager



Scenario 1

Depending on their needs, a resident moves into Lavender Hills or Porritt Care Home.

Scenario 2

Person needs extra support so moves into Extra Care Apartments, their needs increase so they move into Lavender Hills.

Scenario 3

A Lavender Hills resident's dementia worsens but they are able to move easily to Porritt Care Home.

Scenario 4

A male resident needs additional support so moves to Porritt Care Home where he can be part of more programmes specifically designed for male residents.







Care Continuity

A continuity of care for someone with dementia is a highly important and significant component of living and living well. It promotes familiarity, routine and meaningful relationships that reduce stress and anxiety whilst enhancing quality of life and wellbeing. When this is broken, it ruptures these key fibres.

A break in the continuity of care occurs when someone is moved out of their home and a familiar environment. At Lavender Hills, this has and is occurring with increased frequency as those in the care of the home have dementia whose acuity cannot be met safely within the confines of the existing home and its Care Quality Commission regulated activity. It can also be triggered if someone moves to an unfamiliar setting, town or village away from their established place of upbringing.

The risk of transfer trauma and a break in the continuity of care presents a series of costly health challenges when someone has to be discharged from Lavender Hills, namely;

- **Decline in Cognitive Functioning:** The stress and emotional upheaval caused by transfer trauma can negatively impact cognitive functioning in individuals with dementia. They may experience difficulties with memory, attention and decision making. This cognitive decline can persist and contribute to a worsening of overall dementia symptoms. Not only does this have an impact on the person receiving care and their families experiencing this; but also draws on significantly more resources from the NHS and social services.
- **Impaired Social Interaction & Communication:** Moving to a new care setting can disrupt established relationships and social and caregivers they have grown accustomed to. This can result in a withdrawal from social interaction and difficulty forming new relationships or engaging in communication with unfamiliar staff members and fellow residents.
- **Negative Impact on Physical Health:** The emotional distress and disruption in routine can affect sleep patterns and research has demonstrated that this affects appetite and overall wellbeing. Those subject to transfer trauma may also be prone to greater falls, accidents and other health complications due to increased confusion and disorientation.

Primarily, research has also shown that there is a clear link and distinction to be drawn between the risk of transfer trauma and fatalities. This is driven by the emotional and physiological stress caused and subsequent complications that arise from this, namely:

1. **Worsening of Underlying Health Conditions** – the stress and disruption of moving to a new and unfamiliar setting can negatively affect the overall wellbeing of someone with dementia. This can lead to the worsening of existing health conditions such as cardiovascular issues, respiratory problems or a compromised immune function. These pre-existing conditions subjected to the risk of transfer trauma can increase the risk of fatalities.
2. **Increased Risk of falls & Injuries** – transfer trauma can disrupt familiar surroundings and routines leading to increased disorientation and confusion. This heightened state of confusion can increase the risk of falls and other accidents which can often result in serious injuries. In some cases, these can be serious enough to contribute towards fatalities especially in individuals with frailty or pre-existing medical conditions.
3. **Increased Vulnerability to Infections** – the disruption of routines and exposure to new environments after a transfer can increase the risk of infections for individuals with dementia. Changes in living arrangements, shared spaces and contact with new individuals may expose them to infectious agents. Infections, particularly respiratory and urinary tract infections can have a more severe impact on individuals with compromised health.

A key mitigation in the risk of health complications and the risk of transfer trauma driven fatality is a continuity of care.

At present, this cannot be offered at Lavender Hills and nor can it be offered in Ramsbottom due to the absence of any suitable purpose dementia care provision.

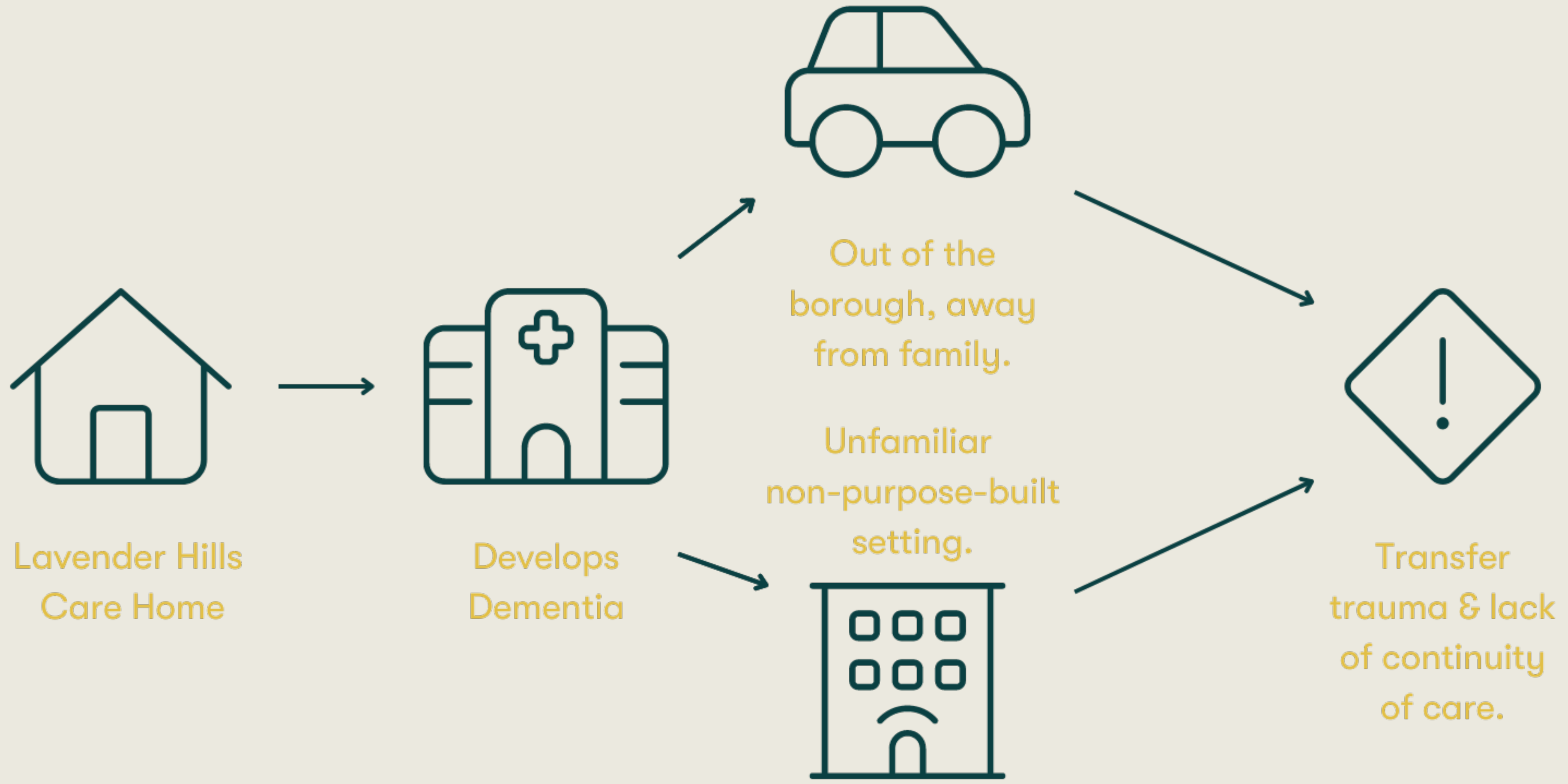
Consequently, those that develop a need for specialist dementia care at Lavender Hills and the village are mandated to look out of the borough. Often, this is away from family, existing social connections, in an unfamiliar setting and in none purpose built care homes that lack the therapeutic benefits of the household model of care.

A mitigation in this is the proposal for Porritt Care Home.

This seeks to ensure that those who live on the site that develop dementia and cognitive impairment, they can have the safety and surety of a continuity of care.

It will ensure that those that live in the immediate locality can continue to form part of the connective thread of being members of their local village, as they have all their lives; and are not discriminated against and forced to move further away due to developing a dementia.

The impact of the proposed new care home will seek to address and unambiguously mitigate the effects of transfer trauma and a break in the continuity of care.



Household Model of Care

At Millennium we are forward-thinking when it comes to care approaches.

Porritt will adopt the Household Model of Care, a method that has been hugely successful at its sister home, Worthington Lake, part of the Standish Care Village.

The model is an approach in the care sector that aims to create a homelike and person-centred environment for residents.

The key principles involve resident autonomy, smaller-scale living, person-centred care, staff empowerment, daily routine and meaningful activities all within a homelike setting.

The model is not introduced overnight and requires a high level of planning and staff training to implement efficiently. Older buildings which are difficult to adapt must be assessed with plans made to update but Porritt will be purpose built; the home will have access to natural light, large homely living cohorts and heavily incorporate the environment.

But what are the benefits? Firstly, and most importantly, it enhances the lives of residents by providing a sense of familiarity, comfort and belonging with an emphasis on choice and independence. At the same time smaller, intimate settings create improved relationships.

The model of care recognises the role staff play, going against standard hierarchy which helps create a supportive and empowering environment that motivates and engages employees.

Resembling a home rather than an institutionalised setting ultimately has a positive impact on residents making them feel more comfortable, relaxed and at ease.

Of course, the success rate of the household model of care can vary, but research and studies have shown the model can lead to better health outcomes and reduced hospitalisations.

First hand we have seen those improvements at Worthington Lake, something that has been noticed by our residents' loved ones: "On a personal note, our Dad is doing much better since he arrived here, he has put on weight, his speech has improved and it is very reassuring he is in such a safe, well-cared-for and stimulating environment. It is the best decision we have made for him."



Household Model of Care in action at Millennium Care's Worthington Lake Care Home.

The Research

Residents in large and institutional care homes experienced a loss of dignity and a marked reduction in communication. Homes should be more homelike while residents often form small clusters based on friendships and the design of an environment can support or inhibit this.
Heggstad, Norvedt, Slettebø (2015)

A more 'homelike' environment in dementia care facilities was more supportive of engagement in activities. One of the key aspects was more social interaction.
Smit, Willemse, de Lange, and Pot (2014)

The kitchen is part of the main food service provision, the smell of food, the possibility for residents to take part in its preparation and the interaction with staff that is promoted.
Huh, Areán, Bornfeld, and Elite- Marcandonatou (2008)

Family-style mealtimes prevented a decline in the quality of life, physical performance and body weight of care home residents.
Johansson, Lundberg, and Borell (2011)

Ending MICH

Male Isolation in Care Homes

The proposals behind Porritt Care Home will offer a wide range of activities across three mixed gender floors to accommodate choices and share an inclusive environment that respects diversity and personal preferences.

It is accepted nonetheless that there is an increasing need and demand for male only dementia units in care homes for a number of reasons including males that have behaviours that challenge and as a consequence of this, it is deemed to be more appropriate for them to be cared for in a gender specific unit.

There is no facility within at least 15 mile radius of Lavender Hills that can offer this. Offering this facility on site supports the notion of a continuity of care further in the event that someone who lives at Lavender Hills or within the mixed gender floors at Porritt Care Home requires a transition to a male only unit. Reinforcing this safeguards against the risk of a breakdown of a continuity in care for someone in this vulnerable care category where often, there are significant commissioning challenges from local clinical commissioning groups to place someone in need of a male only dementia unit.

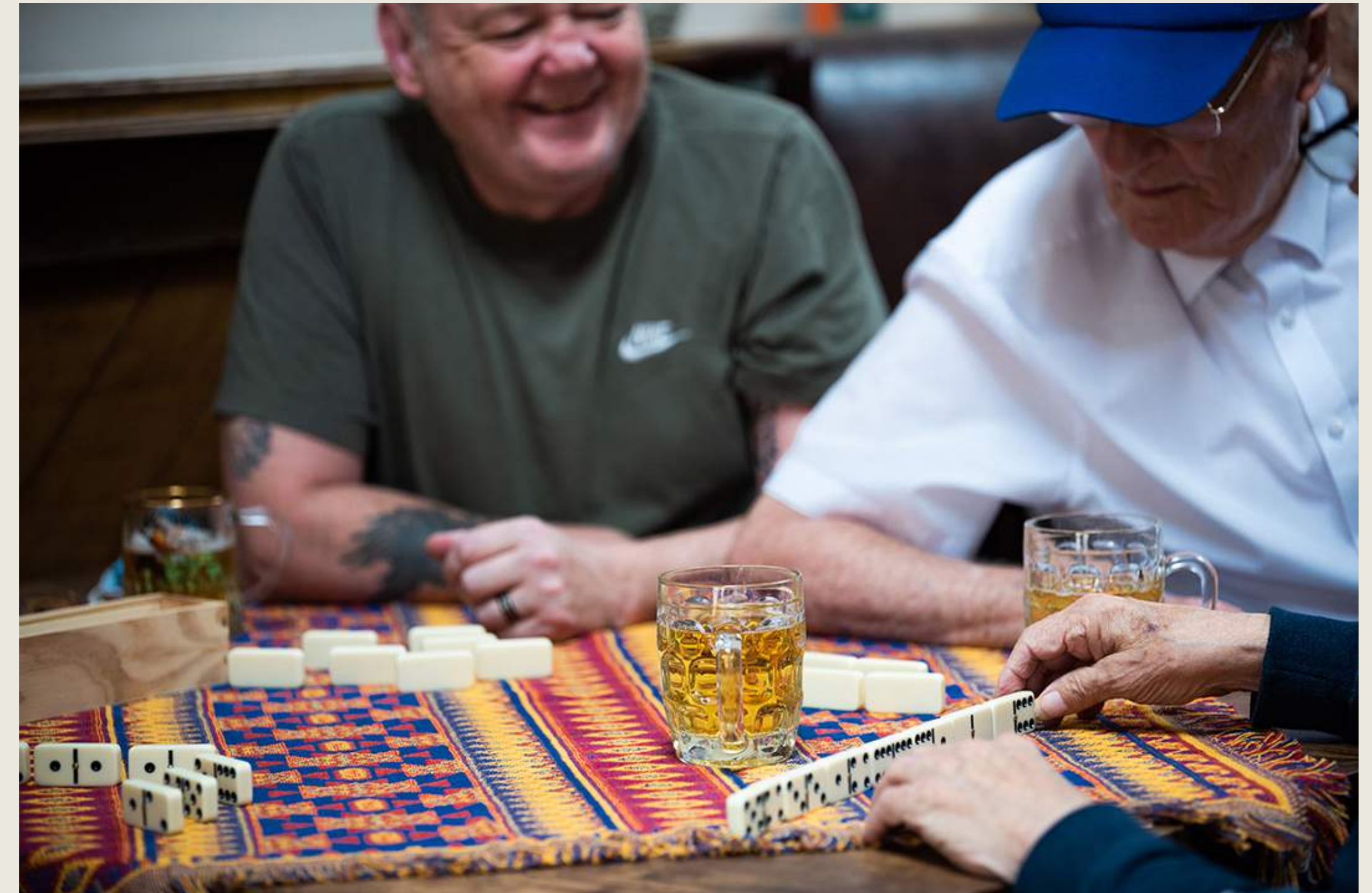
Conversely, a male only dementia unit forms part of the overarching care strategy of an initiative of mitigating age and male related isolation in care homes under Millennium's MICH initiative designed specifically to have the following benefits:

Enhanced Socialisation: A male-only unit can create a sense of camaraderie and facilitate social connections among male residents. Shared experiences, interests, and backgrounds can foster a supportive environment and encourage social interaction. This will be supported through spaces such as the saloon and sports bar.

Tailored Activities & Programming: Designing activities and programming specifically for male residents will cater to their unique interests and preferences at Porritt Care Home. This can include activities such as sports discussions, woodworking, or other hobbies that are more commonly associated with male interests. Tailored programming can help increase engagement and overall satisfaction.

Minimising Gender-Based Conflicts: In some instances, conflicts or misunderstandings between male and female residents can arise due to different communication styles or behaviours. A male-only unit can minimise these potential conflicts and create a more harmonious environment.

Promoting a Sense of Identity: For individuals with dementia, maintaining a sense of identity and personal history can be crucial. A male-only unit can help foster a sense of identity and enable residents to connect with their past experiences and roles, enhancing their overall well-being.





Intergenerational Spaces & Community Bistro

In past times, the young and later living alike were naturally connected. Children and families learned to develop through their regular interactions with the older generation. On average, grandchildren see their grandparents twice a year; owing to distance, a greater reliance on digital communications and stigmas associated with conditions such as dementia and a lack of general awareness and education towards younger children on the condition.

When younger and elder generations do not mix, both groups miss out on significant and valuable opportunities for social engagement which can lead to feelings of detachment. When children do not mix with the elderly; they miss out on valuable lifetime experiences and perspectives that those in later life can offer. This has been proven to hinder the development of empathy and understanding towards older generations.

Care homes, care villages and retirement villages can often be seen as 'grey ghettos'. Places to live where day to day life is confined exclusively to a narrow age demographic. By virtue of this, substantial opportunities for intergenerational activities are missed.

Porritt Care Home seeks to address this by combining a number of outdoor intergenerational spaces on the rooftop terrace garden together with the community bistro serving as a place for playgroups, intergenerational activities and a vibrant space for generations to mix in a dedicated and purpose built setting. This seeks to promote the use of accessing the outdoors and mixing of generations.

The benefits of spaces such as these have been proven to carry into teenage years, a longitudinal study found that children mentored by an older adult in their childhood were:

- 46% less likely to use illegal drugs
- 27% less likely to use alcohol
- 52% less likely to miss school when they become teenagers

There are similarities between the young and old that allow for bonds to be formed, as children are often seen to 'live in the moment' and are able to enjoy their time without targeting an end goal. This has been found to be similar to the perspective of older people as they may no longer have work commitments or a family to grow they often have time to spend with children, fully engaged and participating in the activity the child is doing. This has been found to have benefits to the security felt by the children as they are not able to get the same undivided attention from their parents, teachers or other adults in their lives.

Practically, older people have many varied skills and lessons learned that they have to teach children who are being cared for in the same programme. They are able to socialise with children in a different way and children have been found to learn empathy, grow character and ultimately the two parties give and receive unconditional love from each other.

Older people involved in intergenerational care programmes have reported a sense of joy and freedom from spending time with children as they do not feel the same pressure they did when they first became parents from work and financial issues. Research has also identified a feeling of a 'second chance' to right any regrets that older people had from raising their own children.

In terms of benefits to the wider community, intergenerational care programmes have been found to reduce stigma through learning about the other party.

Therefore, children grow to have reduced anxiety around ageing and interacting with older people and older people have an increased positive attitude toward younger generations. This has been found to increase community well-being in both direct and indirect forms. Direct in the increased use of shared resources and indirect in actions such as increased charity donations and volunteering in areas with mixed generation schemes. Intergenerational care can protect people from the threat of stereotyping which could lead to segregation and further stigma.



Ornithology, Dementia & Green Spaces

The Lavender Hills and Porrit estate is proposed to be a vibrant community, for the people who live and work there alike; including its community.

The proposed development seeks to enhance, protect and preserve the existing wildlife and a commitment to the reverence that their role plays on the estate. Through early engagement and consultation with ecology consultants, the construction method and proposed time of the year for the commencement of construction activity will factor in the sensitive presence of habitats that live on the site. A key principle of the development is not just architectural harmony, but in also striking a harmonious relationship with the site's aviary neighbours.

Neglecting or dismissing the importance ornithology has for those with a cognitive impairment seeks to miss out and negate substantial wellbeing opportunities. The unique setting of the site and the notable omniscience of spring bird song reaps many benefits.

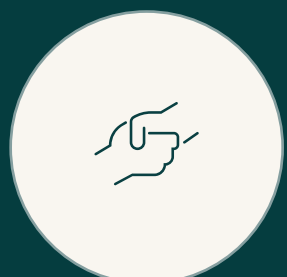
Porritt Care Home will feature a dedicated bird watching observation hut on the rooftop terrace. A space not only for those who live at the home but also open to wider members of the community who share the spirit and common passion of observing the local wildlife.

During the course of public consultations, it has been identified that this is a popular activity with the site being home to a bird watching hut for many years with its use being of profound educational importance. In addition to this, the strategic planting of bird boxes around the site will seek to ensure that the site on completion will be rife with the melody of the local aviary species.

Building a dementia care home in any other area; away from trees and in the absence of an abundance of green spaces neglects the opportunities for the benefits of ornithology for people with dementia. Porritt Care Home seeks to specifically address this in its proposed unique location and seeks to yield the following benefits.



Bird Boxes & Observation Decks.



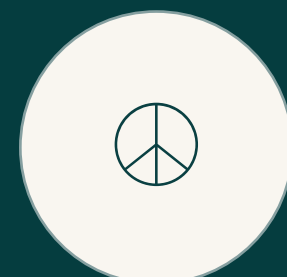
Social Engagement:

Birdwatching can be a social activity that encourages interaction, engagement and communication. The roof watch terrace will provide opportunities for individuals with dementia to connect with those with a common interest.



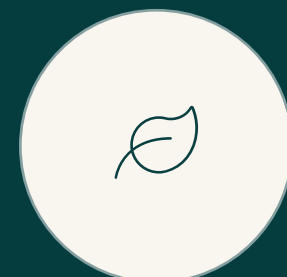
Meaningful Activity:

Engaging in ornithology and providing individuals with dementia a sense of purpose and accomplishment. It will offer an activity that is enjoyable, interesting, and mentally stimulating, promoting a sense of fulfilment and boosting self-esteem.



Connection to Nature:

Engaging with nature has a positive impact on overall well being. It provides a sense of connection to the natural world, which reduces feelings of isolation, increases feelings of happiness and contentment.



Therapeutic & Calming Effects:

Birdwatching can be soothing and calming for individuals with dementia. The peacefulness of nature, the sounds of birds chirping, and the visual stimulation of can help reduce anxiety, stress, and agitation.

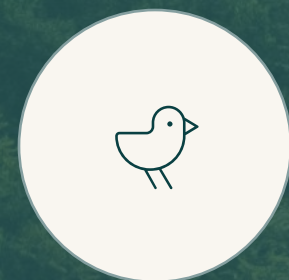
A Powerful Antidote

The impact of the green environment on those with dementia is a highly undervalued principle that is not considered or leveraged in the overall ethos and design of care homes. Broadly, consideration is given to the suitability of a site by virtue of its ability to primarily accommodate a bed density to warrants commercial viability and demand-based location.

The therapeutic benefits of the built environment have historically been overlooked. The importance of a green environment and envelopment in nature as an antidote to slowing cognitive decline has mostly been ignored or dismissed in the overall consideration of care home developments. Broadly, it is not the first or most prominent aspect of thought when considering its relative importance of weight however, research and the growing body of evidence unambiguously points to the powerful benefits of nature and a green environment.

The site has highly unique characteristics intrinsically linked to slowing down cognitive decline and improving well-being. The research points to the presence of woodlands, tree canopies, green spaces and in particular bird watching and those with dementia identifying with water such as lakes as being popular walking spots. The proposed site conforms to these highly important characteristics that invariably; can only be offered in a highly green space. Disaggregating the site to a sequentially preferable and suitable location would have to demonstrate the same site merits of greenness to pass the test of suitability for the development of a dementia care home that accords to the principles of the care delivery model proposed by Millennium Care. The searches for an appropriate site in Ramsbottom reveal that a suitable or viable site is currently unavailable.

Building a dementia care home in an urban area would seek to dismiss and discount the importance of a green setting and its healing powers for those with dementia. The overall design of Porritt Care Home has sought to respectfully engage with its green surroundings and settings through a range of subtle interventions.



The Research

Green spaces help to mitigate the harms of air pollution exposure and further benefits of cardiometabolic health and promotion of behaviours linked with lower risk of dementia including sleep, physical activity and social interactions which slows down cognitive decline.

Burt, Navakatikyan & feng (2020)

Walks in natural settings compared to indoors or urban areas have shown to improve cognitive performance.

Cherrie et al., 2018; de Keijzer et al., 2018; Wu et al., 2017; Zijlema et al., (2017)

Engagement in green spaces impacts positively on well-being and quality of life. Findings show that gardens and horticultural programs, green care farms, parks, urban woodlands and neighbourhood outdoor environments can impact positively in several ways. Four key mechanisms are identified: Engaging in meaningful activities; Empowerment; Positive risk taking; and Reinforcing Identity.

Mmarko & Marsh (2020)

Jim Burt, Principal Adviser for Natural England's Outdoors for All programme:

“There is already strong evidence to show the positive benefits of engagement with the natural environment for people living with dementia and this survey adds to that body of evidence. Importantly, it heard directly from both those living with dementia and their carers, and the research has revealed important new information and insights. This work will now help our partners and the wider health community to take action that will enable people with dementia to have more and better-quality opportunities to be active in the great outdoors.

“For many people living with dementia and their family carers the answer is yes, people want and need to get out into the fresh air, to walk, be near water and watch and listen to the birds. The fact that these simple outdoor pleasures are not equally accessible for some of the thousands of families living with dementia is another reminder for us to work across care and conservation boundaries and implement the solutions contained in the report.”

Construction Management & Economical Value

Noise

Unfortunately, construction is not always a quiet operation but care and consideration for the surrounding residents will be an integral part of the Principal Contractor's role on the site.

Should there be a requirement for significant, or prolonged, elements of noise the Principal Contractor will visit the adjacent residents that could be affected, where practicable with plenty of notice, to ensure that they are fully aware of the significance and potential.

Site radios will not be permitted unless they are contained within the building itself and kept to an unobtrusive decibel level.

The Principal Contractor will be encouraged to ensure that his operatives, sub-contractors, suppliers, etc. are all courteous and respectful of the surrounding residents, visitors, members of the public, etc.

Tree Protection

The site will require consideration from an arboricultural perspective due to its location within the Green Belt. A tree survey, for the purpose of construction, will be completed and the Principal Contractor will ensure protection requirements are maintained. Tree works will be completed prior to any site works.

Tree protection will be set up within the application boundary.

As with previous developments, the Principal Contractor will take the necessary steps to ensure trees are protected including the implementation of tree root protection systems.

Economic Value

70 new jobs with a ten year payroll in excess of £13m for local people. £9m construction value focussed on local trades and local procurement.

A ten year £7.5m local procurement of fresh produce and supply chain to run the village.

Supporting the reduction of bed blocking at local hospitals, saving an estimated £750,000 per year and a reduction in excess deaths attributed to care home linked bed blocking.

A reduction in repeat hospital admissions due to environment and age related frailties and injuries through the village's design backed up by academic research.



An Issue That Affects us all

It has been cited that the crisis within the NHS is not attributed to staffing shortages but due to bed blocking, an associated lack of capacity and an inability to effectively discharge those that need care out of a hospital setting.

The excess deaths in hospitals are 21% higher compared to this time last year with the North West reporting to have the highest hospital discharge wait nationally.

A report by the Health Foundation demonstrated a trend in the significant increase of hospital beds occupied by people waiting to be discharged. Of the 100,000 hospital beds in England, 13,000 beds were occupied in December 2022 by people who were medically fit to be discharged.

The report confirms that data demonstrates that of these 13,000 beds blocked in December 2022, half were due to social care for the elderly and an immediate lack of effective care home beds. By 2043, those over the age of 73 in the UK will increase by 73% coupled with a trend in the number of care home beds over the last year declining by 1,783.

A report by the Economist revealed that in December 2022, one in four excess deaths in hospital was due to a lack of effective hospital capacity driven by the blocking of beds.

A lack of effective health and social care capacity is therefore an issue that affects us all and a crisis rampant in the NHS that overshadows staffing shortages.

“In an area containing the only current care home, no dementia care provision and a rapidly ageing population, the increase in dementia specialist beds will play a key feature and role in ensuring that those in the immediate locality of Ramsbottom and Rossendale will have an increase in the effective supply of care home beds. This will seek to reduce the pressures of hospital bed blocking and as demonstrated by the Cumbria NHS Trust recently, free up beds and lessen the impact of excess deaths. Hospitals are facing a growing struggle to discharge people who are well enough to leave, often because there is not enough support in place from local providers of social care. Delays in freeing up beds have a knock-on effect for admissions, leading to many patients being kept waiting in ambulances before being handed over to A&E teams.”

Chris Hampson, Chief Strategy Officer, NHS



Summary

Challenges at Lavender Hills

- A none purpose environment.
- Not fit for residents with later stage dementia.
- A poorly designed environment can exacerbate the conditions of dementia.

Design of Porritt Care Home

- Designed with the guiding principle of the built environment having therapeutic benefits for those with dementia.
- Designed to the highest standard to achieve dementia design accreditation.
- Promotes visual access to each communal space.
- 22 doors leading to outdoor spaces and viewpoints.

Care Continuity

- Promotes familiarity, routine and meaningful relationships that reduce stress and anxiety whilst enhancing quality of life.
- A break in continuity occurs when someone is moved out of their familiar environment.
- Moving a resident can result in transfer trauma which can cause a decline in cognitive function, impaired social interaction and a negative impact on physical health.

Household Model of Care

- Forward-thinking approach to care.
- Hugely successful at other homes within the group.
- Creates a homelike environment adding resident, smaller-scale living, person-centred care, staff empowerment, daily routine and meaningful activities.
- Has a positive impact on residents in comparison to institutionalised settings.

Ending MICH

- Male isolation is prominent in care homes due to gender imbalances.
- Accepted that there is an increasing need and demand for male only dementia units.
- No facility within 15 miles of Lavender Hills that can offer this.
- A male only dementia floor would enhance socialisation, better allow for tailored activities, minimise gender-based conflicts, promote a sense of identity.

Rooftop Terrace

- Intergenerational Space: This will provide significant opportunities for both older and younger generations.
- Community Bistro: Provide a space for the residents, their families and the community which will provide countless benefits.
- Access to green spaces.

Green Spaces & Dementia

- Development will enhance, protect and preserve the existing wildlife.
- Home will feature dedicated bird watching observation huts.
- Provides opportunities for residents and the community.
- Access to nature provides social engagement, meaningful activity, connections to nature, therapeutic and calming effects.

Construction Management

- Care and consideration will be taken for local residents.
- Principle Contractor will communicate when necessary to local residents.
- Tree protection requirements will be maintained following a tree survey.

Economic Value

- 70 new jobs within a 10-year period and will £13m for local people.
- £9m construction value for local traders and procurement.
- Support the reduction of bed blocking at local hospitals saving £750k per year.
- A reduction in repeat hospital admissions.

Thank you.

Millennium Care,
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Stubbins Vale Rd,
Ramsbottom, BLO ONP

www.millennium-care.co.uk/porritt-care-home

