

Designing Healthy Homes for Patients in Nursing Homes during Covid-19

What ways can interior design assist nursing homes for the improved health of patients?

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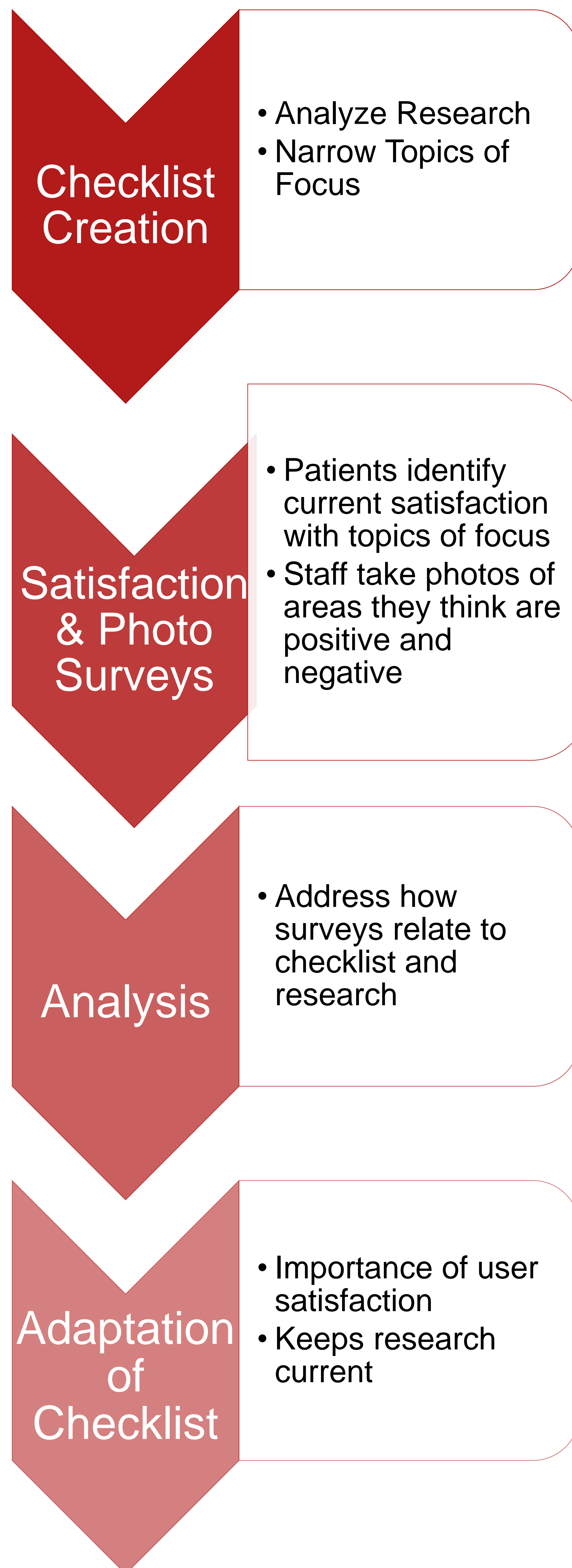
Abstract

Aging is inevitable and we have to prepare to take care of our loved ones and ourselves as we age. This study focuses on making nursing homes more residential while also focusing on different aspects of design that can be used to improve the healthy living environment for dementia patients. Due to the Covid-19 Pandemic, all research was done through staff members at a local nursing home's memory care unit in Kearney, NE.

Utilizing research from architecture to environmental psychology, a checklist was created to analyze interiors and how they are affecting patient health. That checklist contains four major categories of focus: patient comfort, wayfinding, lighting, and outdoor space. Each of these categories are addressed on not only the checklist, but the satisfaction surveys as well. Photo surveys were also utilized in this research to gather a strong idea of what other people perceive are the positives and negatives of a space. It is relevant to the research to see if there is a correlation between the two.

After finishing the case study, it was found that both patients and staff saw that these three aspects were most important: a sense of direction, a sense of community, and a sense of independence. If a designer can keep those three in mind while designing, any residential space for aging minds will be healthier.

Methods



Results/Data Analysis

- Patient Comfort**
 - Connection to Home
 - Accommodating the aging eye
 - Physical comfort & safety
- Wayfinding**
 - Signage with Imagery
 - Identifiable Architecture
 - Color Zoning
- Lighting**
 - Fixture Choice
 - Natural Lighting
 - Potential Glare
- Outdoor Space**
 - Connection to Nature
 - Connection to People
 - Safety

Conclusion

Sense of Direction Patients need to see where they are going before they begin.



Sense of Community Patients need to interact with people and nature.



Sense of Independence Interiors can help patients navigate independently, improving mental health.

Selected References

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