

All Together Series: Session 4

Developing Dementia-Inclusive Spaces for Community Access, Participation, and Engagement (DemSCAPE)

Presenter: Cari Randa-Beaulieu

Date: December 6, 2023



BY
Pallium Canada



*The BC Centre for Palliative Care
is the provincial hub partner of the
Palliative Care ECHO Project in British
Columbia*



xʷməθkʷəy̓əm (Musqueam) Skwxwú7mesh (Squamish) and Səlílwətaʔ/Selilwitulh (Tsleil-Waututh) Nations



The BC Centre for Palliative Care, based on what is colonially know as New Westminster, is located on the traditional, ancestral and uncaded territory of the Coast Salish peoples

We recognize that all of you joining us online may be participating from traditional territories of other Indigenous peoples. From coast to coast to coast, we acknowledge the ancestral and uncaded territory of all the Inuit, Métis, and First Nations people that call this land home.

What is ECHO?

- **E**xtension for **C**ommunity **H**ealthcare **O**utcomes
- ECHO spreads knowledge across the health system and communities to the front lines of care
- ECHOs "all teach all learn" model connects Content with Context experts

Our Asks of You

- Share your stories and your experience
- Participate in discussion and dialogue
- Build connections with other participants, across disciplines and geographic region



Introductions

Presenter

Cari Randa-Beaulieu, DemSCAPE Project Manager
Simon Fraser University
Vancouver, BC



DemSCAPE
Developing
Dementia-Inclusive
Neighbourhoods



- 1 Pedestrian Controlled Crosswalk
- 2 Sidewalks and Smooth Paths
- 3 Places to Rest
- 4 Public Art

What is Neighbourhood Built Environment?

- Follow the link in the chat or scan this QR code with your phone to add to the JamBoard



Learning Objectives

By the end of the session, participants will be able to:

Understand the importance of neighbourhood built environment for mobility and participation of people living with dementia

Apply innovative community-based participatory research methods with people living with dementia

Access and share public engagement tools for dialogue and challenging stigma surrounding living with dementia in the community

Acknowledgements



Dementia-inclusive Streets, Community Access, Participation, and Engagement

Our Funders



Public Health
Agency of Canada

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publique du Canada

Alzheimer Society
CANADA

Alzheimer Society
BRITISH COLUMBIA

Our Municipal Partners



City of
Burnaby



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Project Team



THE UNIVERSITY
OF BRITISH COLUMBIA



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- **GIS Specialist:** MohammadJavad Nouri
- **Visiting Researcher:** Stéphanie Lanthier-Labonté
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Background

- **69% of older adults** living with dementia are **under the age of 80**
58% of those over 80 **live in the community** (Canadian Institute for Health Information, 2018)
- **Neighbourhood Built Environment** has a key role in **out-of-home activity** of **people living with dementia (PLWD)** and can hinder or facilitate:
 - **mobility** and **physical activity**
 - **social participation**
 - **orientation** and **wayfinding**
 - **access to services** and **social networks**



"A dementia-friendly and inclusive community (DFIC) can be defined as a place in which people with dementia and their carers are empowered, supported and included in society, understand their rights and recognize their full potential."

(Alzheimer's Disease International, 2015 , p.1)



Objectives



- Identify **neighbourhood destinations** that **people living with dementia visit** and **changes in the patterns** of those visits over time
- Identify **neighbourhood built environmental features** that affect their **outdoor mobility, engagement, and social participation**

Participants & Location

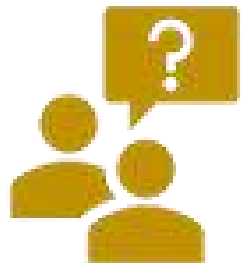
32 community-dwelling persons living with mild to moderate dementia or mild cognitive impairment and their care partners, if applicable

- **Metro Vancouver:** 26 participants
 - 11 individuals
 - 15 dyads
- **Prince George:** 6 participants/dyads



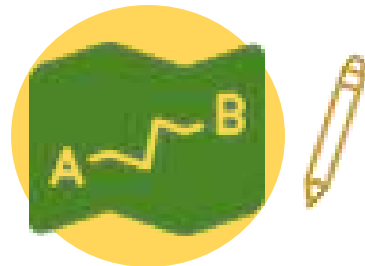
Session 1

- **Sit-down interview** to administer structured questionnaires



Session 2

- Semi-structured **sit-down interview**
- Route planning



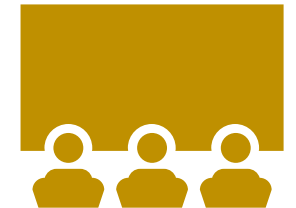
Session 3

- Video-recorded & photo-documented **walk-along interview**



Session 4

- Video-elicited **sit-down interview**





Data Analysis

- **Thematic analysis** of interview transcripts
- **Video analysis** of walk-along interview footage
- Statistical analysis of Session 1 questionnaires using the **ACT-OUT survey**
- Geographic information system (**GIS**) **spatial analysis**



Preliminary findings

Outdoor Walking Experience is influenced by

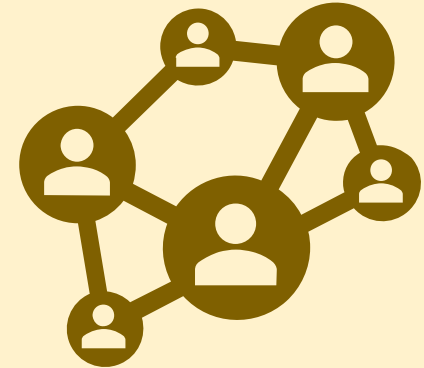
**Physical
Aspects**



**Cognitive
Aspects**



**Social
Aspects**



**Psychosocial &
Emotional
Aspects**



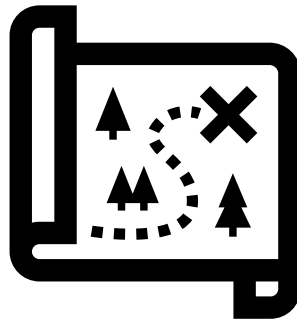
**Temporal
Aspects**



Preliminary findings

Physical Environment Facilitates or Hinders Outdoor Walking Experience

- Terrain
- Ambient conditions (light, temperature)
- Sidewalk condition and maintenance
- Sidewalk width and clear space
- Places to rest (benches)
- Features that enable access (ramps, railing)
- Crossings (time, signal)



P03: **"You see this is the unevenness here. One has to be careful with them."**

(87-year-old man with Parkinson's & dementia)

Preliminary findings

Experiencing Familiarity With and Understanding Neighbourhood Environment

- Taking familiar routes to destinations
- Knowledge of neighbourhood layout
- Identifying streets (names, numbers)



P09: **"I still often get [street names] confused because one is a 'street' and one is an 'avenue,' so I sometimes get them backwards."**

(73-year-old man with Lewy Body dementia)

Preliminary findings

Environment Promotes Orientation and Wayfinding

- Streets with good sightlines
- Following transit routes
- Landmarks (residences, businesses, amenities, public spaces, artwork)



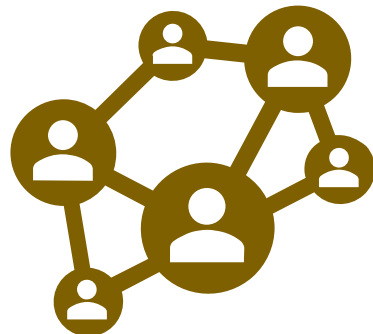
P02: **“Look at the artwork over there. Different, eh?...Different is good...I look for it.”**

(73-year-old woman with mild cognitive impairment)

Preliminary findings

Positive Social Interaction and Social Support

- Community members having dementia awareness and sensitivity
- Direct and indirect support from others
- Participating in advocacy and city planning



P02: "I'm a touchy-feely kind of a person. I often stop and talk to people [...]. The reason I stopped is because I recognize that kind of dog."

(73-year-old woman with mild cognitive impairment)

Knowledge Mobilization Resources



Dementia-inclusive Planning and Design Guidelines

to **inform municipal planners and decision-makers** on physical planning and design to enable communities to become dementia-inclusive



Environmental Audit Tool

for **community-based dementia advocacy organizations and people living with dementia** to audit the neighbourhood environment and identify intervention projects



Short Video

to **increase community and public awareness and understanding** of the environmental issues with walking experience of 3 study participants

Knowledge Mobilization Plan



Raising Awareness and Impact of Built Environmental Interventions

- **Mitacs Knowledge Mobilization Extension**
City of Burnaby and City of Richmond
 - **World Cafés:** Screening video and photo exhibit
 - **Focus Groups:** Adopting Planning and Design Guidelines
 - **Walking Audits:** Surveying streets to identified targeted interventions
- **Addressing Dementia Stigma and Inclusiveness in Small Rural Communities**
City of Vernon
 - co-developing and evaluating stigma-reduction training for city staff

Knowledge Mobilization Video



Showcases **three study participants' experiences**

- to educate on the role of Built Environment as an essential component of Dementia-Friendly and Inclusive Communities
- to challenge stereotypes of what it means to be a person living with dementia in Canadian neighbourhoods
- to inspire action that includes people living with dementia in municipal decision-making and planning processes





Join our journey!

Email: demscape@sfu.ca

Website: <https://www.sfu.ca/demscape>




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We walked with 32 people living with mild to moderate dementia through their neighbourhoods to see how they experienced the built environment

Breakout Rooms



Discussion Questions (15min)

- Thinking back to the video, Esther, Lynn, and Neils encountered different challenges in their neighbourhood built environments (streets, sidewalks, public spaces, transit, housing, etc.), were there any specific areas of challenge you related to from your personal or professional experience?
 - Are there any strategies in your neighbourhood/municipality that work well?
 - What would you like to see change in your neighbourhood or around your workplace/organization?

Q&A



Questions for Cari & Reflections

Thank You

The Palliative Care ECHO Project is supported by a financial contribution from Health Canada.

Production of this presentation has been made possible through a financial contribution from Health Canada. The views expressed herein do not necessarily represent the views of Health Canada.



The Palliative Care ECHO Project

The Palliative Care ECHO Project is a 5-year national initiative to cultivate communities of practice and establish continuous professional development among health care providers across Canada who care for patients with life-limiting illness.

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