



De Hogeweyk

Living Life as Usual in small groups with lifestyle for people with severe dementia

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- A change of vision on care for people with a severe dementia
- De Hogeweyk: a nursing home organization
- Scientific Research and Results



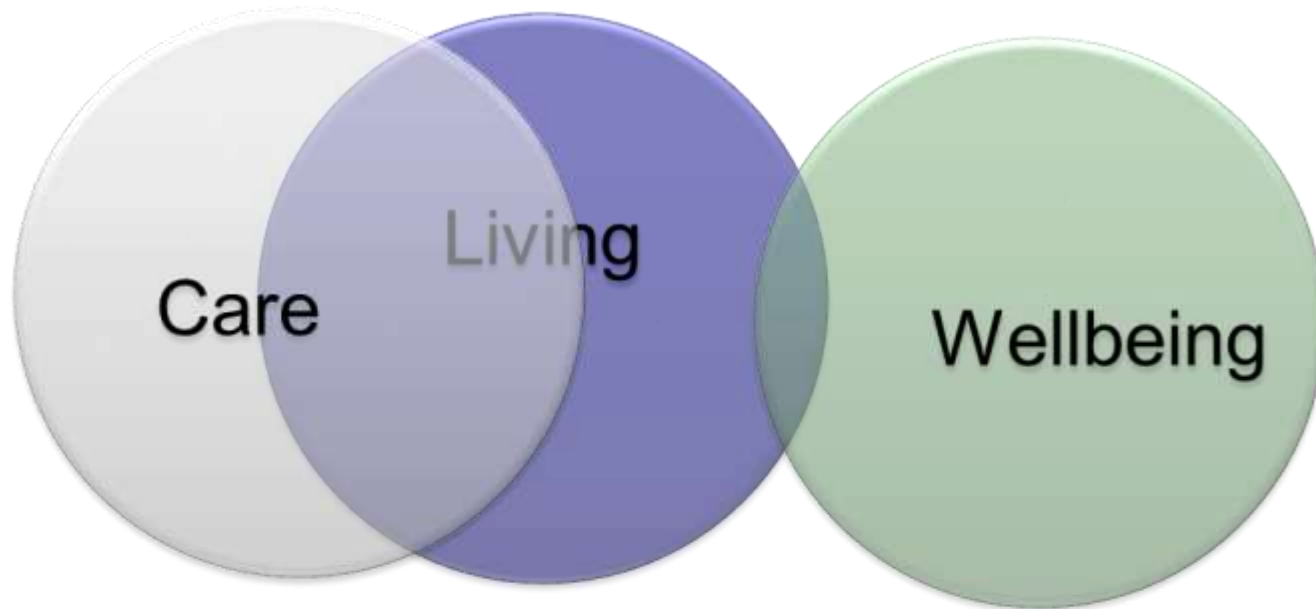
Dementia- what we knew and what we saw happening

- The nursing home organization confuses the resident with severe dementia on a daily basis
- The resident with severe dementia needs situations he can overlook
- The resident with severe dementia needs support to live his life as usual
- Living together with strangers can be good if those strangers have the same lifestyle, can become friends
- Dementia causes fear, depression, restlessness and aggression. Our behavior and the environment can influence those symptoms .

The vision on care, living and wellbeing

- Ageing in place: 85% (NL) of all people with dementia.
- For those other 15 % we offer and support living, care and life's pleasures.
- Living in a normal home with in a normal household, together with others who have the same lifestyle.
- Living his or her individual life in this home and outside

Quality of life



From vision to practice: The Method

- The Hogeweyk is the first implementation according to this concept.
- The principles of this concept are incorporated in The Method. The 6 pillars of The Method are the framework for implementing the concept.
- The Method is based on an integrated product (living, care and wellbeing).
- Each pillar is an essential part of the concept. All six are equally important.

Pillar : The favourable surrounding

Living life as usual ,in a normal house, with a normal household.

- Where confusion is minimized
- Where life has a normal human scale, living together in a small group with the same lifestyle
- Where the resident is supported by professionals to cope in daily life as usual

Pillar : The favourable surrounding

- A house with a front door, a living room and a kitchen. And a terrace or a garden to sit outside in the sun.
- A house with your own bedroom
- A house that is furnished in the style of your own home.
- A house where the household is done according to your own ideas: cleaning the house, washing and ironing the clothes, preparing the meals.
- A house with a daily routine according to your own ideas.
- A small group : 6-7 in each house



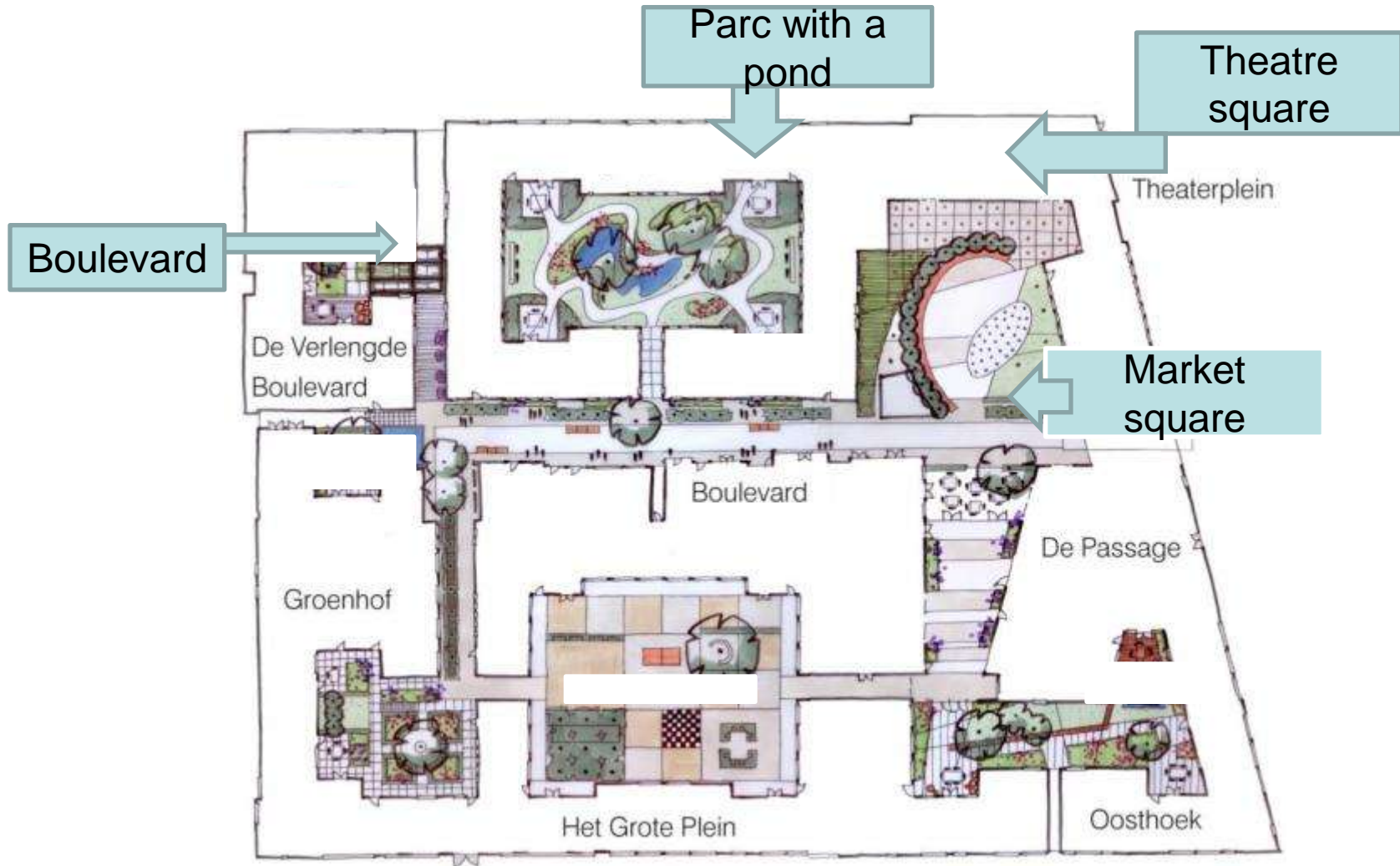






De Hogeweyk

Total of 15.310 m², 50 % of the property is outdoors,
50 % is built environment



Pillar : The favourable surrounding

- 23 houses, 17 designs
- Supermarket, restaurant, café, hairdresser, a theater and rooms for social life meetings
- Parks, gardens, squares, alley, streets and lanes, a fountain, a pond, etc.
- Art-exhibitions
- Christmas fairs
- Concerts
- Total of 15.310 m², 50 % of the property is outdoors, 50 % is built environment

Pillar : The favourable surrounding

- All employees and all volunteers know how to support a person with dementia in experiencing daily life.
- The exterior and the interior design support the person to understand where he is and what is expected of him.
- De Hogeweyk is accesible for everybody, the façades are the safe guard to the “unsafe” world outside.

Pillar: Life's pleasures

- A social life: meeting others in the pub or as a member of a club
- Enjoying a walk in the fresh air
- Daily shopping in the supermarket
- Concerts at the theater
- The freedom to wander around



Pillar: Health

- Experiencing health and the quality of life are leading
- Medics/therapists to support quality of life
- Balance in life: wellbeing, living and health
- A social-relational system instead of a medical system
- Quality of life is our goal, as long as the extensive program in search for the cure of dementia is going on

Pillar: Lifestyle

Lifestyle for people with dementia?

Yes!

A person with dementia is the same individual as before the dementia.

Lifestyle is: surroundings, environment, interior design, social behaviour, daily routines, preparation of the meals, norms and values.

Motivaction's approach: beyond sociodemographics

| | Sylvester Stallone | Woody Allen | |
|------------|--------------------|------------------------|---------------------------|
| Age | 65+ | 65+ | } Socio de- mographics |
| Income | \$ 1.000.000 + | \$ 1.000.000 + | |
| Profession | Actor/director | Actor/director | |
| Sex | Male | Male | |
| Leisure | Workout | Museum | } Norms & values |
| Politics | Romney | Obama | |
| Media | TV | Newspaper | |
| House | Villa in LA | Apartment in Manhattan | |

Pillar: Lifestyle

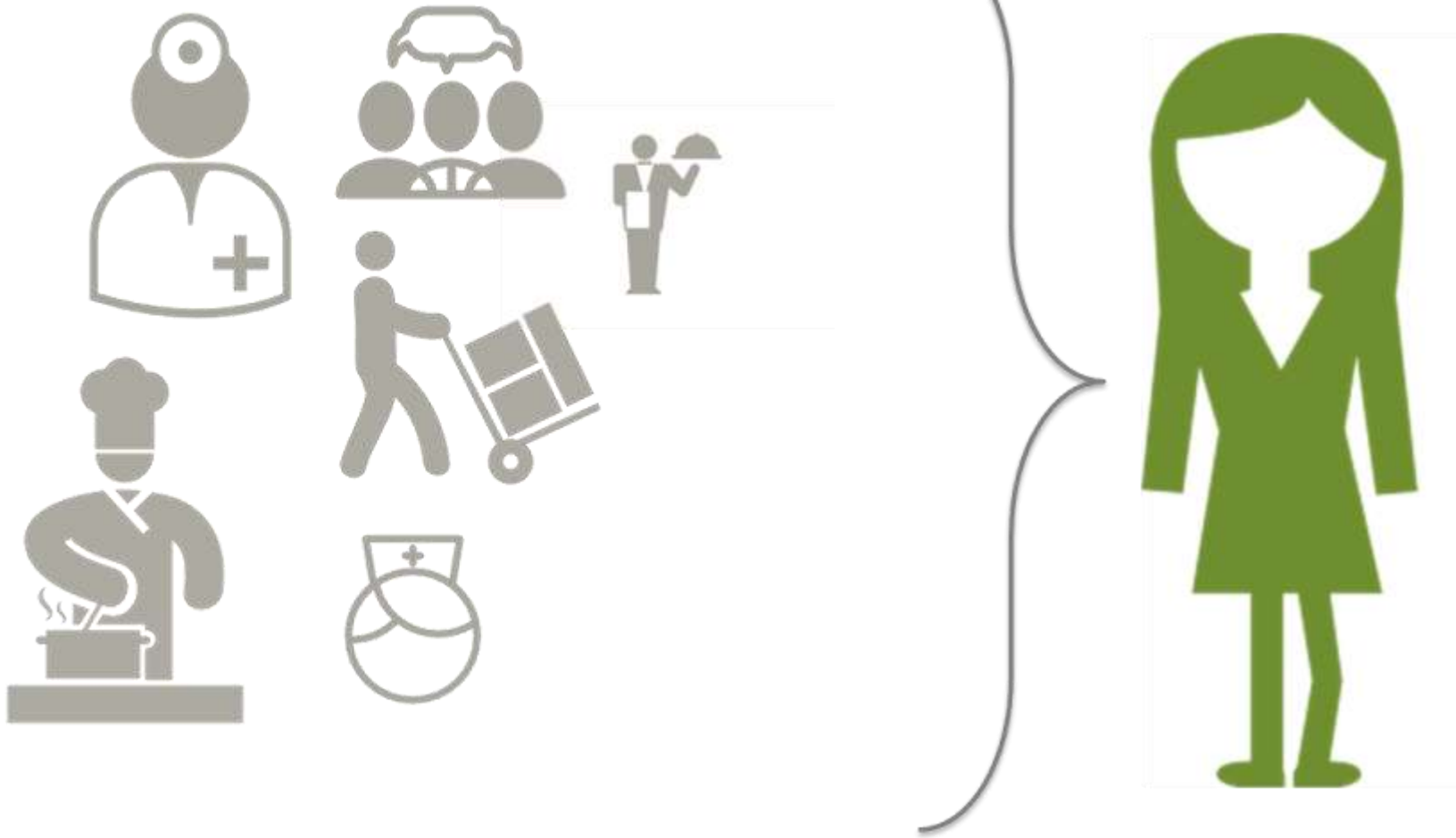
- Your norms and values are the basis of your lifestyle.
- Everybody decides on norms and values in your 20's.
- Living according to your lifestyle validates you as a person.
- Lifestyle is what you eat, what you read, what religion means to you or how you communicate with others.
- Lifestyle is who you are.



Pillar: employees and volunteers

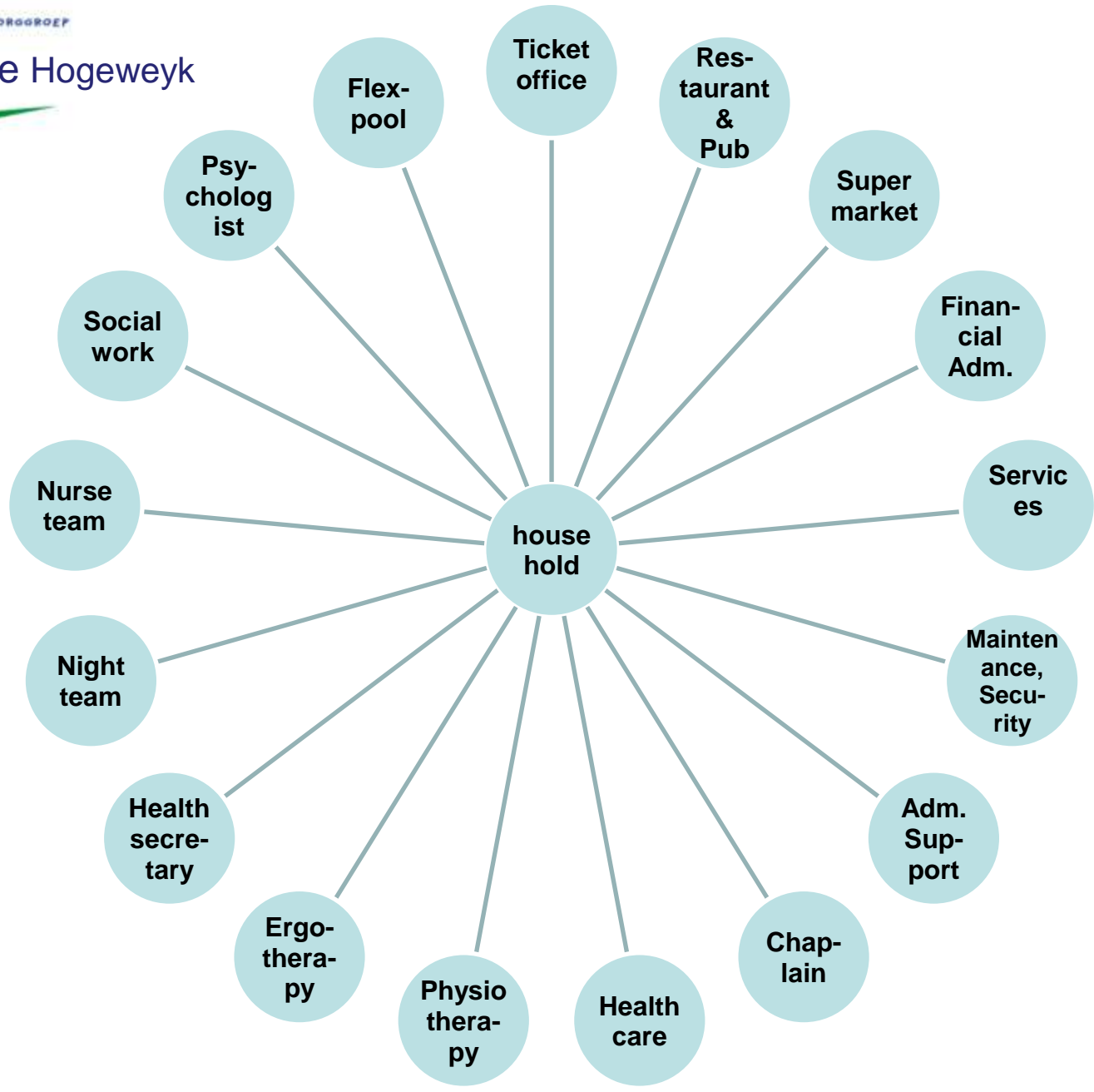
- Employees and volunteers know the vision and apply it in their work. They work independently on basis of the vision.
- Volunteers are fully fledged and equivalent colleagues.
- A volunteer always works under the direction or the indirect supervision of an employee who is responsible for his or her work.

deinstitutionalize



Pillar : the organisation

- The vision is leading for all policy and the organisation structure.
- Finances and procedures are adapted to the vision.
- Nursing home care: back stage
- Living life as usual: front stage
- All professionals work together to integrate all aspects of life for the resident
- The professional is in service of the resident to experience a normal life and health
- Organization: wellbeing, living and health



Residents, employees and volunteers in De Hogeweyk

- 152 residents
- All kinds of dementia
- Only residents with severe dementia: in need of care 24/7
- 291 employees: 167 fte, including social workers, therapists, doctors, housekeeping, administration etc.
- 140 volunteers

Financial model – social security system

- Every Dutchman pays taxes for the social security system
- The system provides long-term care for chronic conditions on basis of an indication
- Indication is given by an independent committee
- The indications for De Hogeweyk are: “severe dementia” and “severe dementia with psychiatric aspects”
- De Hogeweyk is a nursing home
- The residents pay to the state an amount according to income

Financial model – social security system

- The Dutch social security system provides the budget
- The budget is \pm € 5800,- per resident per month
 - All personal: nurses, doctors, paramedics, administration, cleaning, management and staff
 - All housing costs: real estate, maintenance, energy costs, etc.
 - All food costs: food and drinks
 - All care and cure products: medicines, incontinence materials, syringes, etc.
 - Activities for each resident, 30 minutes per week



Shoot the bears!!

- Institutionalised nurses, therapists, social workers
- Institutionalised organisation
- Family members have learned to think in medical and care terms
- Inspection and Health Care Officials think institutionally
- Finances
- Traditional nursing home architecture

Explore the boundaries, discuss the intention of the law,
find the human scale

Reward for all the efforts

- High satisfaction score among residents and family
(8.9 on a scale of 10)
- High satisfaction among employees
(7.6 on scale of 10)
- High satisfaction among volunteers
(7.6 on a scale of 10)

Scientific research?

Positive effects on care for people with dementia in small groups

- On the brain / agitation
 - Exercise
 - Fresh air and day light (van Hoof et al., 2009)
 - Social contacts (Lawton, 1997)
 - Pleasant physical surroundings (Zeisel, 1999)
- On the appetite
 - A pleasant atmosphere
 - A set table
- On employee satisfaction (Verbeek et al, 2010)

Results

- No nursing home stigma, but a sense of normal life.
- Less anti-psychotics :
1993: 50%, 2013: 16%
- No bedridden residents since 1993
- Decrease in aggression by an increase in:
 - Space to walk around
 - Fresh air
 - Exercise
 - Day light
 - Freedom



De Hogeweyk

“Living as usual in small groups with lifestyle for people with severe dementia“

“Our solution is to let people have normal lives”

Jannette Spiering, managing director De Hogeweyk, Weesp

The logo for TIME Magazine, with the word "TIME" in a bold, red, serif font.

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