



Composing Wellbeing

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What is 'Wellbeing' ?

- Wellbeing: “The achievement of individual aspirations while supporting society as a whole” (definition used in accessibility research)
- Mental Wellbeing: "Mental health is a state of wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community", WHO 2014
- Wellbeing is physical, sensorial and mental

Wellbeing is perceived

- Depends on our perception i.e. our senses
- Perception varies between individuals depending on their senses
- How can we enhance the wellbeing of both individual and society in the design of places ?

Place, Accessibility & Wellbeing

- Place, accessibility and wellbeing are closely related
- For the achievement of wellbeing, a place should be made accessible
- Accessibility is traditionally thought of as a physical problem, but is also a mental issue
- We need a more holistic approach to place-making

‘Universal Composition’

- We propose ‘Universal Composition’ : “the multisensorial design of the urban environment in space and time”
- Aims to compose an environment which is accessible, understandable and meaningful to as many people as possible
- The more senses we design for, the more people we include

Case study: Dementia

- What is Dementia? : “a wide range of symptoms associated with a decline in memory or other thinking skill severe enough to reduce a person’s ability to perform everyday activities.”¹
- Why Dementia? : An example of a condition which renders accessibility not only a physical concern, but a mental one

Case study: Dementia

- 35.6 million people worldwide (2010) *
- Expected to triple by 2050 to 115.4 million
- Dementia is an example of both a health condition and a cognitive social phenomenon
- Large and increasing impact on a country's health care system, economy and society

The Dementia Project

- The Dementia project – a social innovation initiative of Fujitsu, Japan – realises that dementia cannot be supported by the public or healthcare sectors alone
- *‘What is clearly needed is broad-based social innovation involving participation of both public and private sectors, something that goes beyond the conventional framework.’**

*The Dementia Project: Innovation Driven by Social Challenges, Fujitsu Japan 2013

Fujinomiya group home

- 1 day centre, 1 live-in communal home
- 1 manager, 3 carers, 9 live-in dementia patients
- Patients are free to come and go as they please
- Interact with each other and participate in normal household activities including cooking, gardening etc.
- Encouraged to care for self with supervision of a carer
- Preventative physical activities
- Integration in community through public events

Inside the group home



Making lunch 1



Making lunch 2



Making lunch 3



Making lunch 4



Dexterity with origami



Outside the group home

- The surrounding community has been educated about how to aid people with dementia
- The community is able to help these people in their everyday urban activities, allowing them to enjoy their urban environment and retain their sense of place

Run-tomorrow project

- Patients encouraged to participate in marathons with their community
- Retain sense of place and create sense of pride
- Form connection with private and public sectors/stakeholders



認知症になっても
安心して暮らせる地域って
誰がつくるのだろうか？

RUN TOMO-RROW 2014

RUN伴(ランとも)とは、認知症の人や家族、支援者、一般の人が
少しずつリレーをしながら、一つのタスキをつなぎ、ゴールを目指すイベントです。

Hokkaido to Hiroshima 2500km

区間	日程
帯広～旭川～札幌	7月12日(土)～14日(月)
札幌～函館	7月25日(金)～27日(日)
青森～一関	9月13日(土)～15日(月・祝)
一関～福島	9月20日(土)～21日(日)
水戸～東京	9月23日(火・祝)
東京～新田～御殿場	9月27日(土)～28日(日)
金沢～福井～彦根	9月27日(土)～28日(日)
御殿場～富士宮～名古屋～彦根	10月3日(金)～5日(日)
彦根～名古屋	10月5日(日)
彦根～大坂～姫路	10月11日(土)～13日(月・祝)
姫路～広島	10月24日(金)～26日(日)

START

GOAL

詳しくはホームページまで
<http://runतोmо.jimdo.com/>

主催 NPO法人認知症フレンドシップクラブ
RUN伴 2014実行委員会



※日程は変更する可能性があります。最新情報は、webサイトをご覧ください。

Fujitsu, Japan

Run-tomorrow Project



Photo: Makoto Okada

Run-tomorrow Project



Photo: Makoto Okada

Run-tomorrow Project



Photo: Makoto Okada

Group sharing projects

- Through organised group sharing projects they are given opportunities to pass on their wisdom and memories to the younger generation – e.g. photo sharing project



School students learn from people with dementia about how they might see their local main street

Group-sharing project



Photo: Makoto Okada

Group-sharing project

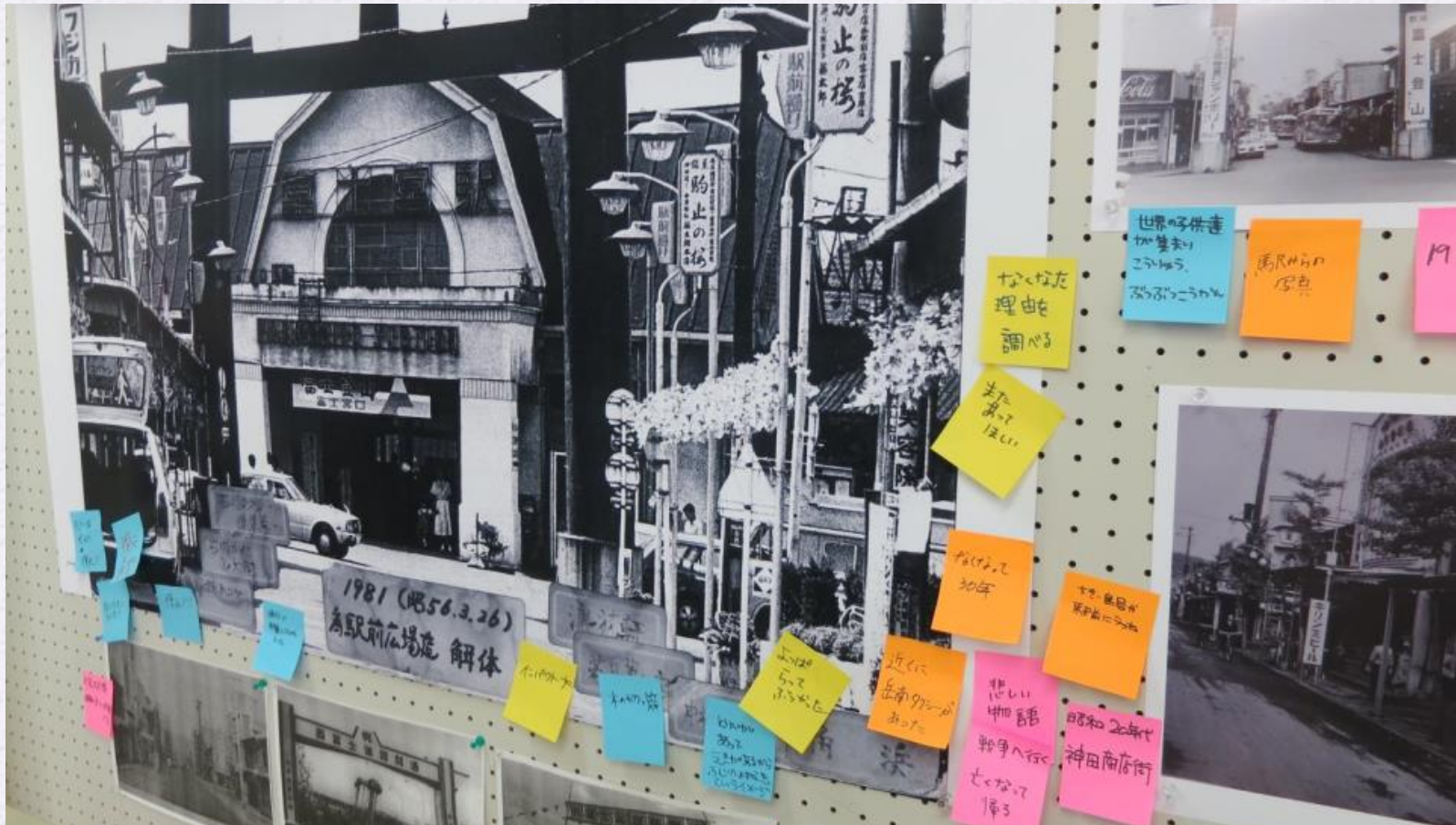


Photo: Makoto Okada

Group-sharing project



Photo: Makoto Okada

Group-sharing project



Photo: Makoto Okada

Group home outcomes

- Maintain accessibility to home and city
- Improve quality of life and wellbeing
- Prolong independence
- Reduce 'healthcare' costs
- Continue to exchange with the community
- Contribute to the development of a society's sense of place

Dementia research at University College London

- The Institutes of Neurology and Ophthalmology at UCL are investigating how people with dementia see
- We are studying how they navigate their environments ...
- ... and what this means for the design of our cities?
- How can 'Seeing what they see' help us with the achievement of wellbeing in the city?

‘Seeing what they see’

- So what does a person with dementia see?
- Not always easy to find out because it can be difficult to ask them to tell us...

‘Seeing what they see’

- Posterior Cortical Atrophy (PCA) is a form of dementia where the vision is one of the first capabilities to be affected
- Speech is still relatively unaffected, so we can ask them what they can see...
- We can do this in a safe environment where we can represent different indoor and outdoor spaces under controlled conditions

‘Seeing what they see’

- Very early stages but, so far, experiments show that:
 - They can see moving objects even though they cannot see static objects
 - They find it difficult to follow more than two requests at a time
 - Some follow a random course between two points if there is no limiting environmental factor (such as a corridor)

Informing place-making

- So we can start to use this information to inform how we design urban spaces and make them more accessible to people with dementia as well as others
- e.g.
 - Dynamic route guides
 - Management of shadows
- But what about other stimuli?

What about other senses?

- Memory and place-making are multisensorial
- What about hearing, smell etc?
- Which senses contribute to and can trigger memory?

Could music be a key?



<http://www.youtube.com/watch?v=NKDXuCE7LeQ>

What about design?

- We could use these results to design spaces in a more multisensorial way (universal composition)
- We can compose more understandable and accessible environments for dementia patients and others
- We can extend their living space from the home to the urban realm

Conclusions

- Memory and place-making are multisensorial
- People with dementia can be encouraged to interact with appropriate stimuli
- We can design places which better stimulate their senses
- This can contribute to a greater level of accessibility, sense of place and wellbeing

Future steps

- Further research of how people with dementia sense their environments – see, hear, smell...
- The role of these senses in the retrieval of memory and place making
- The composition of more accessible environments

Composing Wellbeing

Tesekkur ederim!

Please contact us at
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