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Vivium Care Group / Be Advice, 2021
community building
for people and thus people living with dementia

Eloy van Hal
Founder of The Hogeweyk
Senior Advisor Be Advice
We have a radically different view on caring for people with dementia

The Hogeweyk® Care Concept:

• is a culture change in care for people living with severe dementia
• disrupts the view on existing nursing home care
• emancipates people living with dementia
• focusses on experiencing health and quality of life
• enables and respects individuals to continue to make their own choices = freedom
• continuously supported by the best healthcare professionals
• creates a lively community to meet and participate, live (safe) and foster autonomy and independency
• enables residents to stay part of society
A nursing home specialized for people with severe dementia

- 85% can cope in their own home with the support of day care, relatives and friends
- 15% can not cope in their own home and need professional support 24/7
Dementia causes fear, depression, restlessness and aggression.

A traditional nursing home organization confuses the resident with severe dementia on a daily basis.

The resident with severe dementia needs situations he can oversee.

The resident with severe dementia needs support to live his life as usual.

Living together with other people can be good especially if the people share the same lifestyle, they can become friends.

Our behaviour and the environment can influence those symptoms.
From the old **nursing home** Hogewey

To a **neighbourhood, a community**: The Hogeweyk®

1975 - 2002

2002 - 2008

2008 -
The social-relational model replaces the medical model

Focus is on possibilities, not on disabilities
Guiding principles:

1. De-institutionalise
2. Transform
3. Normalise
1 De-institutionalise
HOW TO RE-HUMANISE

2 Transform
3 Normalise
IMPRESSION OF THE HOGEWEYK®
The Hogeweyk®

- A neighbourhood, 27 homes, 6-7 people living in each home
- 169 residents, all with severe dementia (indication 5 or 7)
- Homes include a living room (70-100 m²), kitchen, private bedrooms (17-20 m²), bathrooms, storage and laundry room including tumble dryer and washing machine, private outdoor space (terrace/balcony)
- Choice between 4 lifestyles representing the current Dutch society
- Regular streets, courtyards, alleys and squares (fitted to the suburban location of The Hogeweyk® in Weesp, The Netherlands)
- Restaurant (additional as residents usually eat at home)
- Pub, Supermarket, Theatre
- Event office, club rooms: Mozart clubroom, craft clubroom
- Physiotherapy
- Hairdresser

Area/sizes

*Figures based on 169 residents (‘beds’). Based on 20 residences for 6 residents, 7 residences for 7 residents*

- Site area: 15310 m²
- Building footprint: 7607 m²
- Total building area: 12272 m²
- Total area per resident: 70.87 m²
- Surface area homes: 320 m²
- Living rooms: 65-95 m²
- Private bedrooms: 16-20 m²
# Quality of Life

<table>
<thead>
<tr>
<th>Domain</th>
<th>Pillars</th>
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<tbody>
<tr>
<td>Favourable surrounding</td>
<td>The individual</td>
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<tr>
<td>Lifestyle</td>
<td>The home</td>
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<tr>
<td>Health</td>
<td>The living environment</td>
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<tr>
<td>Life’s pleasures &amp; meaning of life</td>
<td>Organization and process</td>
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<tr>
<td>Formal &amp; informal network</td>
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<tr>
<td>Social inclusion &amp; emancipation</td>
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**Communities and Social Networks:**
- Favourable surrounding
- Lifestyle
- Health
- Life’s pleasures & meaning of life
- Formal & informal network
- Organization
- Social inclusion & emancipation

**Qualitative Life:**
- The individual
- The home
- The living environment
- Organization and process
Practice

Research based validation

Methodology
<table>
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**Quality of Life**

- **The individual**
- **The home**
- **The living environment**
- **Organization and process**
EXPLORING THE 7 PILLARS FROM 4 DOMAINS & 2 PERSPECTIVES

The individual
Each individual is unique and must be seen and approached as an individual person with respect for their lifestyle, habits, needs and character. Dignity, autonomy and respect for privacy are key.

Every individual needs a private space (dwelling/ house/ apartment/ room). This can be a completely independent apartment or house but also a living/bedroom which is part of a shared household.

The home
The place where you live, where you belong. Home offers comfort and safety. The domain home defines the behavior and social space of a person, how the person uses the space and how the person acts in the social and household activities that take place inside.

The home is the built and furnished place where one or more people form a household. How this built environment is designed and looks like knows many variations.

The living environment
The living environment is seen as society where people interact, socialize and participate. Creating opportunities to support people.

All activity and space outside the home with a semi-public or complete public character. The living environment creates opportunities to work, enjoy leisure and daily life activities outside the home. It contains the build environment, landscape, infrastructure and society.

Organisation and process
The way in which something is done or organized. Or a group of people who work together in an organized way for a shared purpose and shared vision.

The organisation and process domain organizes and supports the necessary bureaucracy, policy, procedures, regulations, legislations and finances to make it work.
1. Positive effects on residents:
   - Better cognitive and functional capacity
   - Dignity and pride
   - Improved social involvement
   - Reduced use/absence of restraints
   - Better physical and mental health condition

2. Positive effects on employees:
   - More autonomy
   - Less stress
   - Reduced physical strain

3. Positive effects on output:
   - No care home stigma, but a sense of normal life.
   - Less anti-psychotics
   - Almost no bedridden residents

4. Decrease in aggression through an increase in:
   - Freedom and space to walk around
   - Fresh air
   - Exercise
   - Really knowing who you are enables individual support

5. High satisfaction score among residents and family
Examples of scientific research out of more than 300 articles:

- Stronger feeling of being at home for the residents (Hadjiri et al., 2015)
- Constant set of people to interact with the residents, increasing resemblance with a family (Hadjiri et al., 2015)
- Improved intellectual and emotional wellbeing (Day et al., 2000)
- Enhanced social interaction (Day et al., 2000)
- Improved functionality (Day et al., 2000)
- Improved social activity (Verbeek, 2011)
- Reduced agitation (Day et al., 2000)
- Reduced physical aggression (Verbeek, 2011)
- Reduced trespassing and exit seeking (Day et al., 2000)
- Reduced caregiver burden and turnover rates (Te Boekhorst, 2010)
- Better acquaintance between caregivers and residents (Marquardt et al., 2014)
- More personalized care (Marquardt et al., 2014)
- Closer and better quality social interaction (Marquardt et al., 2014)
- Improved orientation (Marquardt & Schmieg, 2009)
- Increased QoL (Fleming et al. EBD Jour. 2013)
- Increased satisfaction with the nursing home as a residence (Fleming et al. EBD Jour. 2013)
- Reduced behavioural disturbances (Fleming et al. EBD Jour. 2013)
- Better functional results in many aspects related to Quality of Life (Marquard & Schmieg, 2009)
WORLDWIDE IMPACT

- Worldwide interest and recognition
- The beginning of a global movement
- Many organisations are inspired by The Hogeweyk® Care Concept and contributed to the movement with a different way of thinking and acting
APPENDIX 2. DREEAM TOOL

RECENT PROJECTS

- NewDirection Care (Australia)
- Synovum Care (Australia)
- Montefiore (Australia)
- Scalabrini (Australia)
- Village Landais (France)
- The CARE Village (New Zealand)
- Crossmount (Canada)
- Fondazione Roma (Italy)
- Kristiansand kommune (Norway)
- Milton Adult Day Services (USA)
- Vivium Zorggroep (The Netherlands)
- Activite (The Netherlands)
LIVE THE LIFE YOU LOVE
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