

SESSION: Title
**Design
& Health**
International Academy for Design and Health

Milano, Italy 11-14 April 2024

Design & Health

13TH WORLD CONGRESS & EXHIBITION

REVITALIZING HEALTH BY SALUTOGENIC DESIGN

Healthy environment | Healthy people



**POLITECNICO
MILANO 1863**

DIPARTIMENTO DI ARCHITETTURA,
INGEGNERIA DELLE COSTRUZIONI
E AMBIENTE COSTRUITO



Healthy Dementia

John Zeisel

affiliation

MEDIA PARTNER

**Progettare
per la Sanità**
Organizzazione, tecnologia, ambiente

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Deerns

cneto

Stop



Eudaimonia

Socrates

**HUMAN
FLOURISHING**

Who flourishes?

- Children *“Of course”*
- Teenagers *“We hope they grow into it”*
- Adults *“If they balance life & work”*
- Old people *“They’re past it, but maybe”*
- Old people living with dementia *“Come on, what are you talking about”*

If we can solve this problem

We can solve all
our design
problems

Cognitive Challenges by Age+

Percentage* Dementia (Alzheimer's plus MCI) by Age Group

Over Age

75+

Living with MCI

25%

*Living with Alzheimer's
& related dementias*

20%

***TOTAL**
Cognitive Challenges*

45%

Cognitive Challenges

Italy

58,580,000

If 11.7 % are over 75

= 7,058,75

x 45% = **3,176,440**

Milano

Urban Area

5,270,000

If 11.7% are over 75

= 616,590

x 45% = **277,465**

The Data Show

There is no aging
without cognitive
challenges

Норве

Hope is
Knowing You
Can Make a
Difference

REVOLUTIONIZING DEMENTIA CARE

Available on
YouTube



**REVOLUTIONIZING
Dementia Care**

Innovative and Best Practices in Person-Centered Care
NOVEMBER 2 | 8AM to 5PM
Community Idea Stations | 23 Sesame Street | Richmond, VA 23235
This workshop is for professionals, family care partners and all interested individuals.
Individuals \$15 | Professionals \$35
Register at ideastations.org/alzcare

Join us for an interactive workshop that will explore new perspectives on the cultural change—the **revolution**—that is occurring in dementia awareness. Meet national leaders involved in person-centered care and learn effective strategies to implement in care communities and at home.

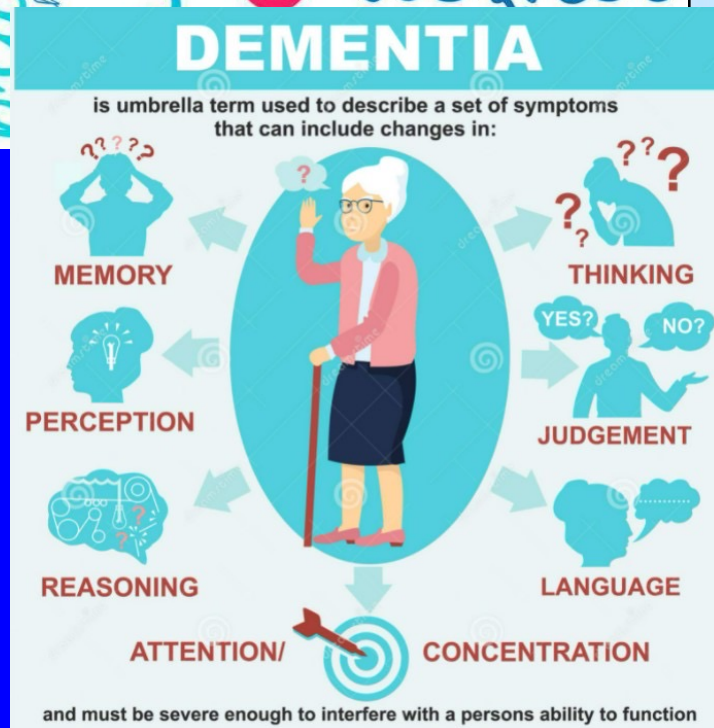
*Choose Your
Public Narrative*

HOPE
DESPAIR

fine motor tasks
inflammation
irritability
neuro-psychiatric
AD
crying
disorientation
aggression
caregiver
low carbs
outbursts
labile affect
self-care
writing
illusionary misidentifications
mood swings
resistant
avocados
writing
Alzheimer's
withdrawing
learning
loss of motivation
brain
behavioural issues
language
apraxia
executive functions
memory
confusion

Despair

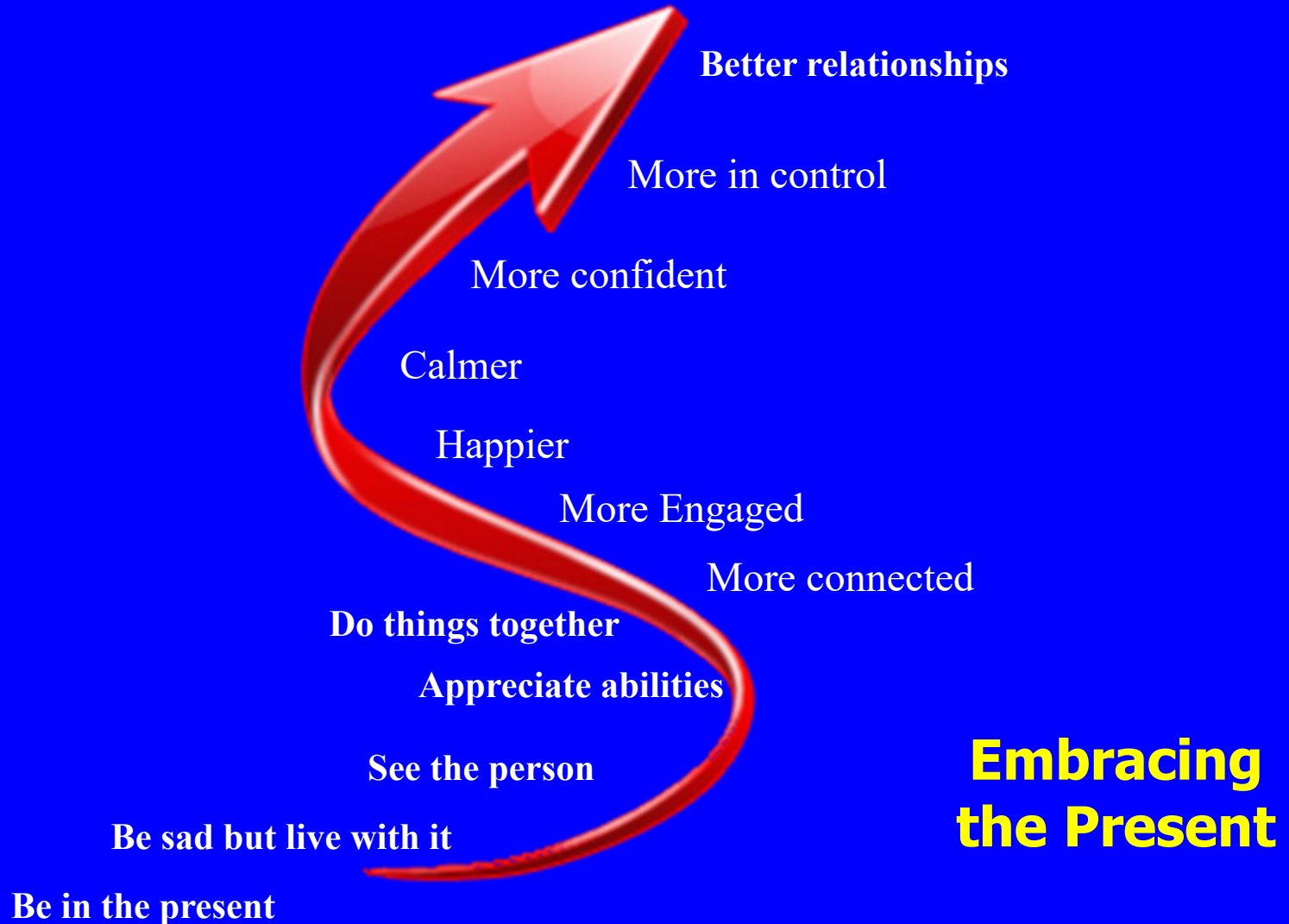
Alzheimer's Symptoms



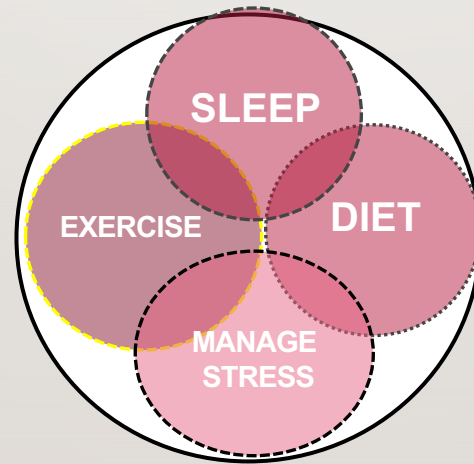
The “Despair” Model



The “Hope” Model



THE PRESCRIPTIONS



THE INFLAMMATORIES

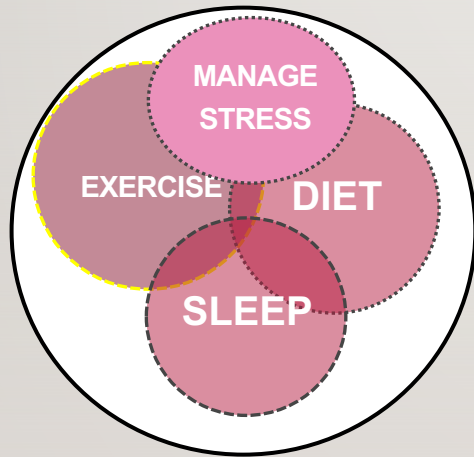
Purpose/Meaning Reduce Inflammation



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The Big 5 that Make a difference

THE BIG 5 & THE SALUTOGENIC 3



**Purpose
Meaning**

Comprehensible
Manageable

Meaningful

Rewarding for Our Brain

(c) 2021 John Zeisel

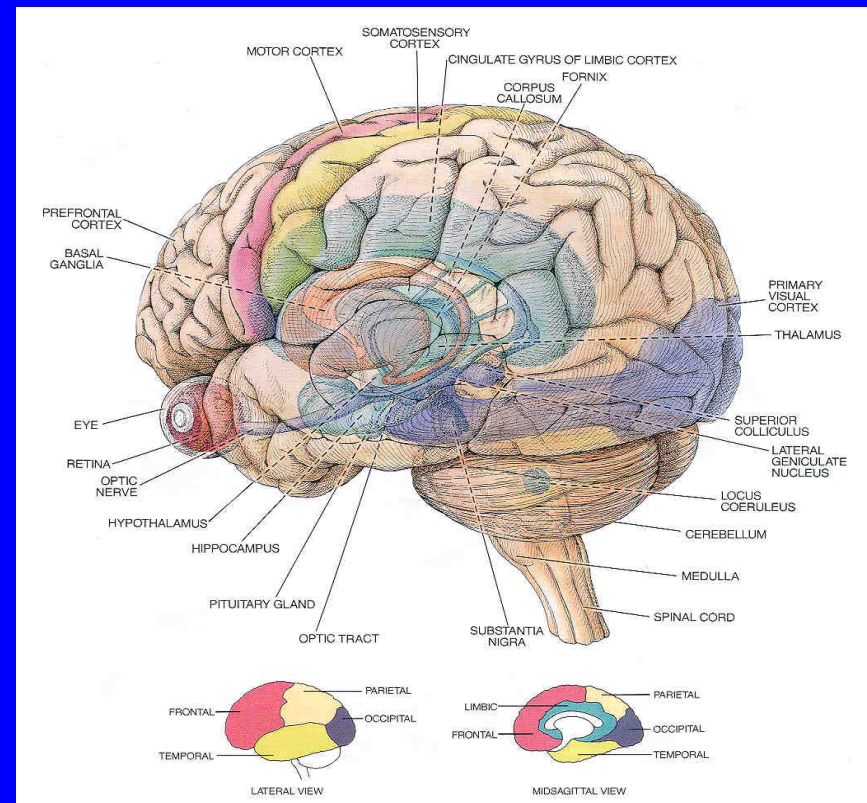
100 Billion Brain Neurons

Sources of Hope

*All the stars in our galaxy
Number of galaxies*

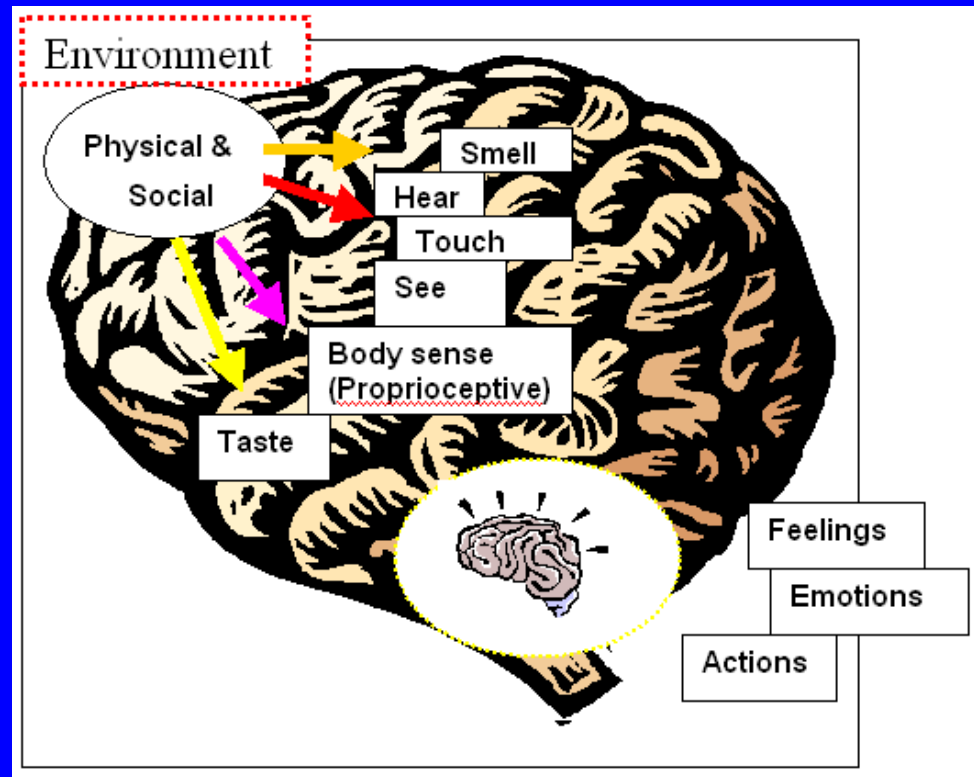
Our brains don't just stop

Our brains are naturally curious & creative – made to explore & discover



Neuroscience / Environment-Behavior

Our Brains translate our physical & social environments through our senses into feelings, emotions, and behavior



We are born with & never lose hard-wired, pre-set, universal skills,

Feeling safe at home



Smiles & frowns



A Mother's Touch



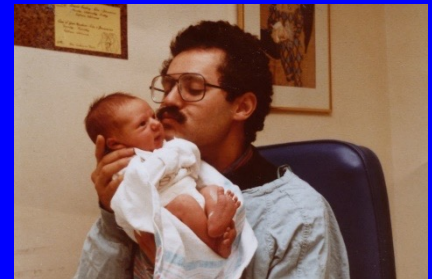
Music



Visual expression



Dance



Emotional Memories

Purpose
&
Meaning

=

Engagement

Environments that heal are

Comprehensible

Manageable

Meaningful

They invite engagement



An invitation / Village Alzheimer Landais – La Bastide



An invitation / Village Alzheimer Landais – Le Quartier



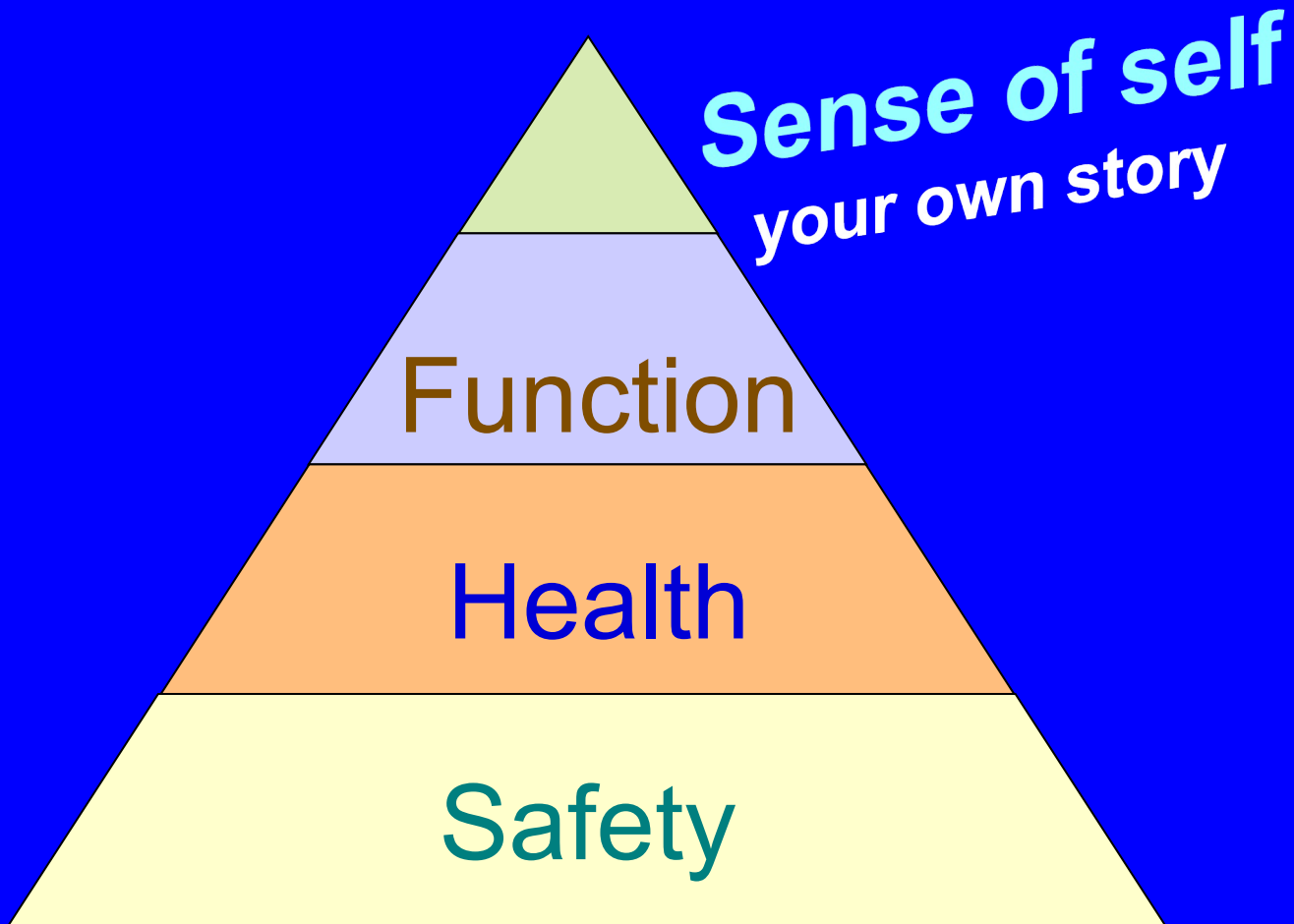
An invitation / Village Alzheimer Landais – Les Arbres

Environments that heal are

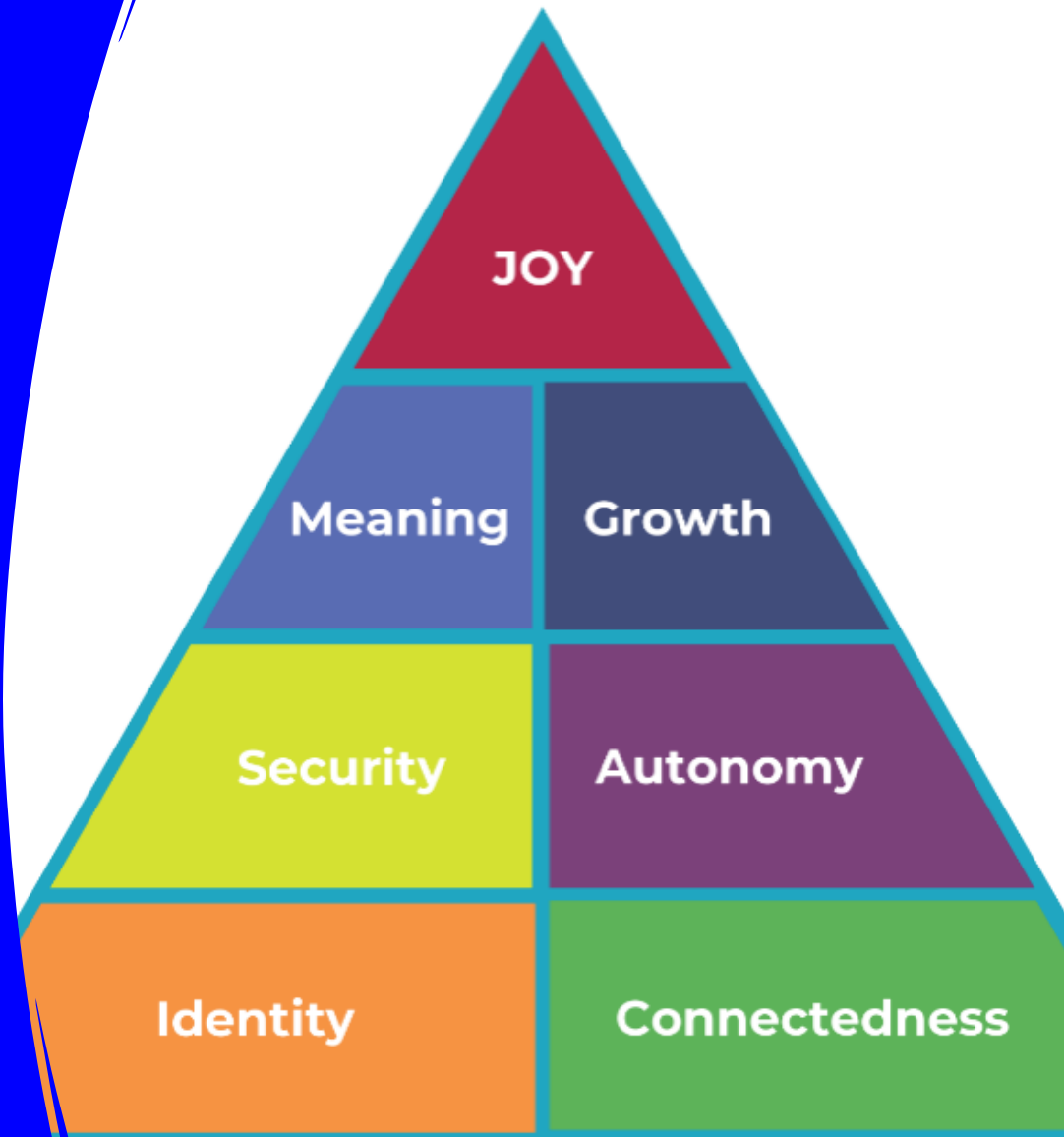
CONNECTED
CONTINUOUS
COHERENT

They engage with their stories:
Physical & Social

The *I'm Still Here* GOAL



HEALTHY
WELLBEING
SALUTOGENIC
HOPEFUL
ENGAGED
BUILDINGS



Al Power

ENGAGEMENT
IS
TREATMENT

All we have to do is ...

Start



Grazie

John Zeisel

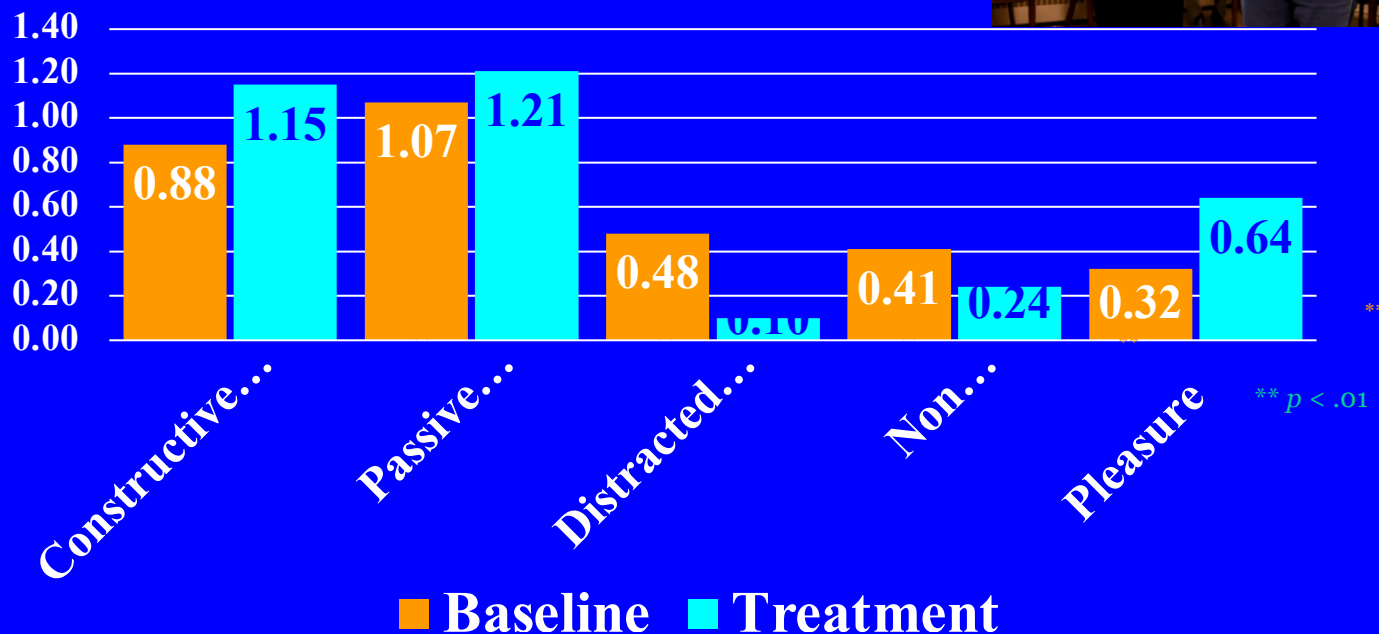
www.ImStillHere.org

Evidence Base

Greater Engagement & Positive Affect

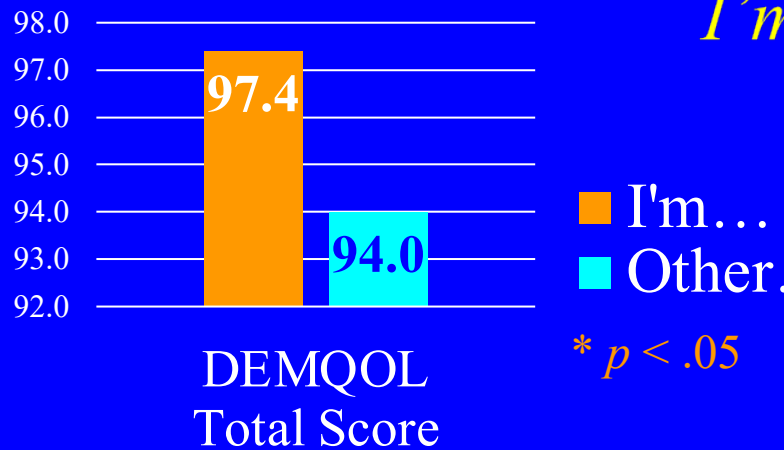


Scripted-
IMPROV
™



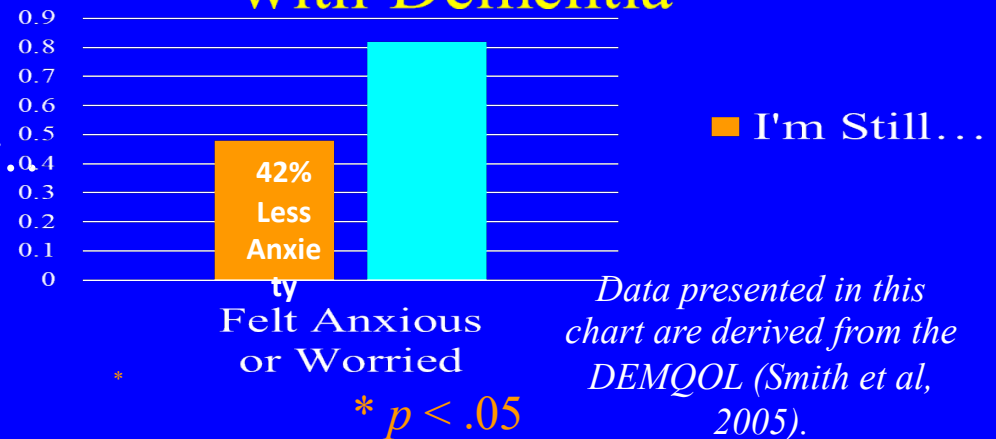
Higher Quality of Life

I'm Still Here vs. Other Dementia Programs



Less Anxiety

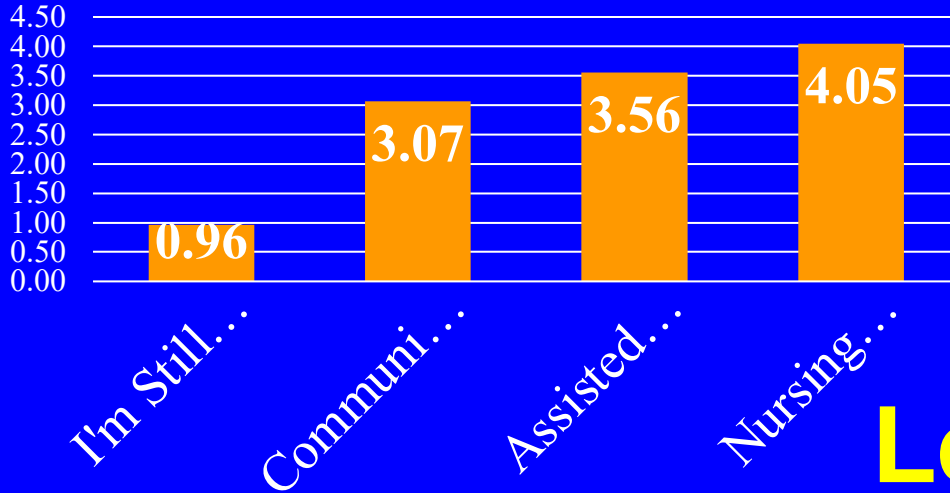
I'm Still Here vs. Other Residences with Dementia



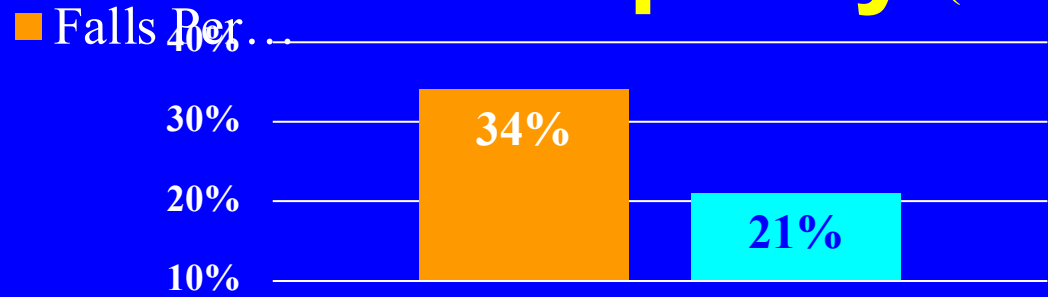
Data presented in this chart are derived from the DEMQOL (Smith et al, 2005).

Fewer Falls per Resident Year

I'm Still Here vs. Other Dementia Programs



Less Apathy (n=84)



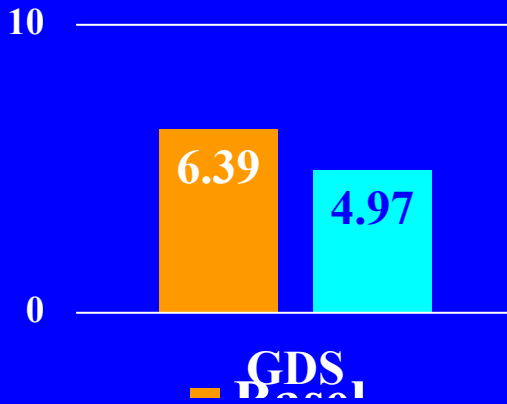
NPI - NH : Apathy

■ Baseline

P < .01

Less Depression

(n=16)



Hearthsides
Book Club

More verbal Communication

