



WATCH & LEARN: ARTS & LIFESTYLE
HEALTH CARE POLICY: ELDER CARE
HOW DEMENTIA VILLAGES WORK(6:55 m)
VIDEO Script & Vocabulary (page 1 of 3/v28247)

ADVANCED LEVEL (C1) AND ABOVE

- ◇ Read the script and note new vocabulary
- ◇ Write three sentences using new vocabulary
- ◇ Prepare for the discussion questions

Starting Off

Can miniature towns help make dementia care more humane?

- 1 Read the **Video Script** below. The words in **bold** are defined in the **Vocabulary** section. Look up any new words in a dictionary.
- 2 Go to the **Your Turn** section at the end of this document. Practice using new words and expressions from the video script to prepare for your next class.
- 3 Look at the **Discussion Questions** and prepare your responses for the next class.

Discussion Questions:

- ◇ Are you familiar with the magnitude of the elderly population and it's continued projected growth for the next several decades?
- ◇ What are some of the significant challenges presented in caring for such a large elderly population?
- ◇ What are some of the innovative medical technologies and approaches to elder care that are currently in use and being developed?

Vocabulary:

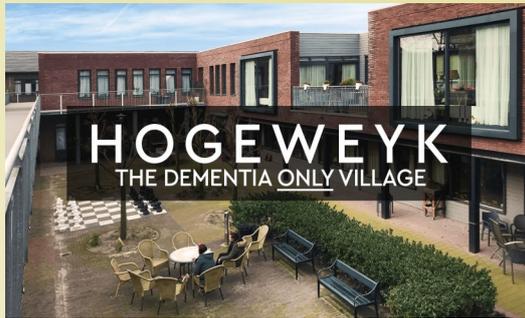
- **glance** - a brief or hurried look
- **groceries** - items of food sold in a grocery or supermarket
- **cashier** - a person handling payments and receipts in a shop, bank, or business
- **dub** - give an unofficial name or nickname to
- **steep** - very large quantity; *informal* (of a price or demand) not reasonable; excessive
- **figure out** - solve a problem; identify a solution to an issue or fulfil a need
- **look after** - take care of someone or something
- **disease** - a disorder of structure or function in a human, animal, or plant, especially one that has a known cause and a distinctive group of symptoms, signs, or anatomical changes
- **traditional nursing home** - a small private institution providing residential accommodation with healthcare, especially for elderly people
- **sterile** - lacking imagination, creativity or vitality

Vocabulary continued on next page...



Video Script:

Narrator: At first **glance**, The Hogeweyk looks a lot like any other neighborhood in the Netherlands. It's got a restaurant, barber shop, theater, **grocery** store, and open green space. You can see people walking around, getting groceries and having coffee. The difference is that this neighborhood is a facility for people with severe dementia. And everyone else in it from grocery store **cashiers** to barbers to waiters are trained in dementia care. This model of care has been **dubbed** a "dementia village".



As people continue to live longer around the world, the proportion of older people in the population will continue to rise and that means a **steep** increase in the number of people with dementia. Caring for that population will require designing environments that help people feel safe and free even as they lose the ability to recognize the world around them. And the architects behind dementia villages think they might have **figured out** the formula to do it.

Eloy van Hal, Founder, The Hogeweyk: So this is The Hogeweyk. Social life is happening there so you can see it now.

Narrator: That's Eloy van Hal, one of The Hogeweyk's founders.

van Hal: Dementia, it's — of course — a brain **disease**. If you look at your life as a photo album you forget the last pictures. The last pictures, they fall out of the album and so you remember the past better when you were younger. And that's a daily challenge for the individuals: how to live with memory loss.

Narrator: In early stages, people with dementia can live at home, **looked after** by family, friends or home care, but they eventually need full-time care. Often, that care comes from **traditional nursing homes**. But those settings can be **sterile** and clinical.

van Hal: You all dine together in a big dining area. You all have to listen to the same music at the same time. Where you're forced as a person into a program of the institution. There's not that much attention to who are you really, what is my life's story, who am I, what do I prefer to do during the whole day.

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Video Script continued...

Narrator: In any **setting**, the goal of good dementia care should be to preserve **quality of life** as dementia progresses. In traditional settings, like nursing homes, surface-level changes are a good place to start:

- Since people with dementia might perceive dark tiles as holes, floors should be visually consistent, without contrasting patterns
- Brightly colored doors and handrails help residents navigate around and bright **dishware** has been shown to help people with Alzheimer's eat more food.
- Acoustic ceiling tiles, carpeted floors, and soft furniture can absorb noises that **trigger** disorientation.
- Glass-fronted cabinets help residents have a clear **line-of-sight** to what's stored inside.
- And lighting **fixtures** that mimic natural light strengthen residents' **circadian rhythms**, which helps mitigate **sundowning** where people with dementia become confused in the evening and night.

van Hal: Some of the advice about lighting, clear lines, surface patterns, and so on, are based on institutions instead of normalizing the environments. All those elements are essential, but sometimes they are the solution for an institution.

Narrator: But The Hogeweyk's design solution is different. Instead of changing surface-level design to preserve quality of life for people with dementia, they took a structural approach and designed their facility to look as much like the outside world as possible.

van Hal: Our guiding principle here is normalcy. It's the vision of a normal life for people living with dementia.

Narrator: That starts with **lodging**. Traditional nursing homes keep all their residents under one roof, but real households don't typically consist of dozens of people. So, The Hogeweyk **split** its residents **up** into small groups of 6 or 7 recreating the scale of a single family home. Inside, each resident has a private room furnished with personal belongings. The units are split up into different neighborhoods to **mimic** Dutch cities that residents are used to.

van Hal: The public space, the gardens, the streets, the squares. They are equally important if you want to build a community where people live.

Narrator: Each neighborhood's public space was given distinct **landscapes** and unique **landmarks** so people could easily find their way around. And destinations like the theater, barber shop, and grocery store were put in separate buildings encouraging intentional movement and **intermingling** in that public space.

These different areas provide multiple scales of experience and residents are given the autonomy to safely wander along that **spectrum** from very private to very public space. That autonomy helps further preserve quality of life.

van Hal: People stay in their own bedroom. Many people socialize in the **living room**, but you can also decide to leave the house, because the front door is open, and to walk to your own private outdoor space, your terrace or balcony or your own garden. Or you walk further into the neighbor(hood) where you can mingle. So, it's about choice, choice, choice: where you want to be during the whole day and with whom.

Vocabulary continued...

- **setting** - the place or type of surroundings where something is positioned or where an event takes place
- **quality of life** - the standard of health, comfort, and happiness experienced by an individual or group
- **dishware** - tableware (as of china) used in serving food
- **trigger** - to cause an intense and usually negative emotional reaction in (someone)
- **line-of-sight** - a line from an observer's eye to a point (usually a distant point)
- **fixture** - something that is fixed or attached (as to a building) as a permanent appendage or as a structural part
- **circadian rhythms** - physical, mental, and behavioral changes that follow a 24-hour cycle. These natural processes respond primarily to light and dark and affect most living things, including animals, plants, and microbes
- **sundowning** - changes in behavior of a person with dementia in the late afternoon and evening; normally around dusk. People with sundowning dementia experience a heightened level of anxiety, distress or agitation at this time.
- **lodging** - temporary accommodation
- **split up** - divide into smaller groups
- **mimic** - imitate; model off of
- **landscape** - make (a garden or other area of ground) more attractive by altering the existing design, adding ornamental features, and planting trees and shrubs
- **landmark** - an object or feature of a landscape or town that is easily seen and recognized from a distance, especially one that enables someone to establish their location
- **intermingling** - move among and engage with others as at a social function
- **spectrum** - a range of choices
- **living room** - a room in a house or apartment for general everyday use

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Video Script continued on next page...



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Video Script continued...

Narrator: Crucially, The Hogeweyk's design allows for a balance of safe design and controlled risk. Walkways, for example, don't have super high walls to guarantee no one falls over.

van Hal: You see handrails everywhere in institutions. The question is, do you need a handrail everywhere or do you want to provide a **walker** where you can walk with two hands on the walker and make it accessible for the walker?

Narrator: Since The Hogeweyk opened in 2009 dozens of other dementia villages have opened across the globe. But without **ample** government funding, they can be prohibitively expensive. And there isn't enough evidence yet to say whether the dementia village model is better than traditional models of care. The Hogeweyk **claims** that since they transitioned from a traditional model to the village the number of residents on antipsychotic medication decreased from 50 percent in 1993 to just 8-10 percent today.

And there have been studies **backing up** different features that dementia villages use. One review of the evidence found that uncrowded, small-scale living resulted in fewer psychiatric symptoms and behavioral issues among residents with dementia and that increased daylight lighting reduced their behavioral issues and improved **spatial orientation**.

Another review found that outdoor gardens can reduce **agitation** and improve quality of life for people with dementia. But by creating an environment specifically for people with cognitive and physical impairments, dementia villages are a fascinating practice in universal design: design that works for as many people as possible, regardless of their ability. And they can teach us something about where the outside world **falls short**.

van Hal: If you design well for normal people without dementia, you design also well for people with dementia. We forgot that people with dementia are human beings with a lot of **aspirations** and we forgot that people with dementia are not patients where you can put them in a chair and wait until they die. They are people who want to do certain things during the day. And they know and they're happy to have this freedom.

Vocabulary continued...

- **walker** - a metal frame with four legs that you place in front of you and lean on to help you move forward if you have difficulty in walking, for example when old
- **ample** - enough or more than enough; plentiful
- **claim** - state or assert that something is the case, typically without providing evidence or proof
- **backing up** - support or provide evidence for an assertion or claim
- **spatial orientation** - the ability to identify the position or direction of objects or points in space
- **agitation** - characterized by excessive talking or purposeless motions, feeling of unease or tension, and hostile behavior at times
- **fall short** - deficient or inadequate
- **aspiration** - a hope or ambition of achieving something



Your Turn! Using new vocabulary is the best way to learn and remember it.

- 1 Choose three words or expressions from the video that are new to you and write a sentence using each one in your notebook.
- 2 Try to use them in a context that is familiar to you to help you retain them.
- 3 Please ask for feedback on your sentences in the next lesson.

