BIG

EDUCATIONAL GAME: BUILDING INCLUSIVE ENVIRONMENTS FOR ALL GENERATIONS

COMPENDIUM OF MEASURES

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February 2023

PARKS AND PLAYGROUNDS

Parks and playgrounds

Green spaces are indispensable to maintain good health, both in a physical and mental sense. We particularly experienced their importance during the pandemic. Several research studies have proved that living in close proximity to green spaces had a very beneficial effect on the inhabitants who suffered fewer health-related issues than those living in neighbourhoods deprived of such spaces.

Older adults greatly enjoy going to parks and having direct contact with nature. This is why access to green areas and their quality are some of the most important features of an age-friendly environment. The distance to a park should not exceed a 15-minute walk. However, availability does not only mean proximity of green areas to people's homes but also a safe and easy way to reach them. Size of parks also matters. In densely built-up areas, green spaces are often insufficient for inhabitants' needs. This is a problem in many large cities.

Another aspect to consider when thinking about parks and playgrounds is their quality. Poor maintenance, lack of toilets and inadequate seating discourage many people from going to these places. Uneven pavements pose a threat to those with mobility impairments but also to joggers and kids.

This issue is tackled in some guidelines and toolkits on age-friendly parks which are designed to provide a general understanding of the different components of an age-friendly park and their importance. A very good example of such a toolkit is Miami-Dade County park toolkit that can be downloaded here: agefriendlymiami.org/parkstoolkit

In times of climate change, one should not forget about the importance of trees and green spaces in urban areas as they reduce temperatures and may absorb an excess of heavy rainfall. This is vital for cities where heat islands and torrential rains are becoming increasingly frequent phenomena.

In the following chapters, some good examples of measures supporting BIG game characters in parks and playgrounds are presented:

- Camping ground, Portugal (Waldemar)
- Sensory Dementia Garden, Westcliff-on-Sea, Essex (Ewa)
- Experience and exercise garden, the Netherlands, different locations (Ewa)
- A bench for older people or people with disabilities, Poland (Denis)
- Movable chairs, Paris (all characters)
- Street art areas, Warsaw (Peter, teenager)

CAMPING GROUND TO SINGLE PARENTS

LOCATION, COUNTRY

Cerdeira Park, Gerês, Portugal.

GENERAL DESCRIPTION

More and more parents want to travel with their babies and want to spend some time in the calmness of nature. They look for places which could meet their and their babies' needs. Many of them have some fears and concerns about sanitary facilities or pathways suitable for pushchairs. Good and healthy food options for them and their kids as well as the possibility to take a rest are qualities that young parents in particular look for.

Campsites seem like good options since they are in the middle of nature, have easy access and low prices. Cerdeira Park in Gerês, Portugal, meets all the above-mentioned needs. Parents who do not want to stay in tents can rent family rooms with every facility and lot of privacy. For those who want to stay directly in nature, there are unisex bathrooms where parents can, for example, change their babies' diapers. The campsite has a minimarket that sells essential food. All the spaces are accessible (making it easy for people in wheelchairs or parents using pushchairs to move around). This campsite offers activities aimed at children in its playground that has been recently renovated. The playground is safe and near the bar, which means that parents can watch their children play while resting and can also enjoy privacy, tranquillity, and leisure time.

KEY FACTS

Who has introduced this measure? When?

Cerdeira Park, Gerês, Portugal.

Is it a private or public measure?

A private one.

What is the context of this example of good practice? Please mention the relevant political, socio-economic, technological and/or geographical aspects.

Open spaces in the middle of nature can be a good option for children and babies to relax and parents to enjoy some rest and leisure time. Babies enjoy the movement of leaves and trees and are more distracted than in their own space. In addition, a campsite in a beautiful natural setting is ideal for a walk with a pushchair and a relaxed baby nap. The light breeze, the sun's rays, the smell of each plant, the sounds of animals can provide babies with sensory information, which will be retained in their memory and processed during language learning. Children develop much of the most basic motor skills up to the age of five, more precisely during the first months of life. Therefore, spending a lot of time outdoors strengthens their musculature, bones, and bodies in general, thus facilitating motor development. Finally, being in open spaces and close to nature sharpens their curiosity and promotes a solid basis for learning.

Is it scalable? (Was the example implemented as a single practice, as a daily practice or even rolled out to other areas?)

The concept is scalable and may serve as an inspiration for other implementations.

IMPLEMENTATION

What was done and how?

A list of activities aimed at children to facilitate parents' planning. Spaces were adapted and activities with appropriate equipment were made easily accessible. Family rooms were created as well as accessible bathrooms. A minimarket was opened to facilitate shopping for essential food. A safe playground with space for parents to have moments of relaxation while watching their children play was designed.

RESULTS

What has resulted from the activities?

The resulting space is friendly to all ages.

When? Is it an on-going activity, or is it completed?

The camping ground is functioning. It is highly frequented and recommended by customers. It also has different certifications that testify to its purpose, i.e., social inclusion.

SOURCE

https://parquecerdeira.com/

PICTURES

Picture 1: Source: https://parquecerdeira.com/galeria/

Picture 2: Source: https://parquecerdeira.com/galeria/

SENSORY DEMENTIA GARDEN, WESTCLIFF-ON-SEA, ESSEX

LOCATION, COUNTRY

Westcliff-on-Sea, Essex, UK

GENERAL DESCRIPTION

The custom-made sensory garden was designed especially for dementia sufferers and addressed the possible impairments and obstacles that people can develop.

"(…) *picture eight pathway was created with no dead ends, linking all areas of the garden to a central line forming a safe environment, limiting confusion for the residents (suffering from dementia). The planting scheme was designed on a colour wheel to help residents identify different areas of the garden. Multiple seating areas were created around the garden to ensure the safety of the patients and a place to socialize, relax and chat with family and friends. An activity area for no-bend vegetable growing and workshops for painting and small craftwork was also built into the design. Other items that offer stimulation and psychological benefits were strategically placed such as metal sculptures with flowering roses trained over to denote entrances and exits, a postbox and bus-stop to trigger memories and water features to create areas of tranquillity and reflection.*[1]"

KEY FACTS

Who has introduced this measure? When?

Designed by Cube 1994 Ltd., this project was a custom-made sensory garden to help dementia sufferers.

Is it a private or public measure?

It is a UK government-funded project with a budget of £275,645.

What is the context of this example of good practice? Please mention the relevant political, socio-economic, technological and/or geographical aspects.

Nature, parks, gardens can contribute to people's wellbeing and health. They provide physical, cognitive, and social benefits and offer opportunities to stimulate every sense. Carefully designed gardens can enhance people's lives and influence their behaviour. This example of good practice shows how interventions in the physical environment can help people at different levels by promoting physical activities, triggering memories, helping to avoid confusion when wayfinding or relaxing alone or in a group.

The garden was the 2014 BALI National Award Winner.

Is it scalable? (Was the example implemented as a single practice, as a daily practice or even rolled out to other areas?)

The garden design ideas can be used in any private or public garden.

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[1] https://www.cube1994.com/portfolio/bali-award-winning-sensory-dementia-garden

IMPLEMENTATION

What was done and how?

Angela Rippon OBE officially opened the garden on May 23rd, 2014. The garden has been described as a national example of excellence in dementia care. The complete garden design and build service was provided and executed by Cube 1994 Ltd.

RESULTS

What has resulted from the activities?

The garden is regularly available for patients with dementia from everywhere.

Is it an on-going activity, or is it completed?

It can be a recurring activity.

SOURCE

https://www.cube1994.com/portfolio/bali-award-winning-sensory-dementia-garden/

PICTURES

Picture 3: Source: https://www.cube1994.com/portfolio/bali-award-winning-sensory-dementia-garden/

A BENCH FOR OLDER PEOPLE AND PEOPLE WITH DISABILITIES

LOCATION, COUNTRY

Poland Company: Puczyński)

GENERAL DESCRIPTION

The bench has a very innovative design which promotes inclusiveness. It has a dedicated space for wheelchair users. The backrest of this part of the bench can be used by everyone as a table. In this way, even people with disabilities can enjoy meeting other people and/or do some activity with them. Such flexibility is a great benefit offered by this bench.

KEY FACTS

Who has introduced this measure? When?

The bench was designed in 2008.

Is it a private or public measure?

It is a private measure. The bench was designed and is produced by a family business called 'Puczyński' which specialises in manufacturing and designing street furniture. The company has a unique product line for senior citizens and people with disabilities.

What is the context of this example of good practice? Please mention the relevant political, socio-economic, technological and/or geographical aspects.

The growing demand for products promoting inclusiveness and answering the growing needs of the ageing population not only in Poland but also in the other European countries.

Is it scalable? (Was the example implemented as a single practice, as a daily practice or even rolled out to other areas)?

The bench is being exported to many other European countries.

IMPLEMENTATION

What was done and how?

The designers took into consideration the needs of the growing number of older users. Public institutions that usually order these benches for public areas are aware of the specific needs of this population group and the importance of social interaction in outdoor spaces, a vital factor for residents' mental and physical health.

RESULTS

What has resulted from the activities?

The bench has been installed in several different locations in Poland and in other European countries, thus increasing the inclusiveness and accessibility of the public realm.

Is it an on-going activity, or is it completed?

The bench is in production and can be ordered.

SOURCE:

https://www.puczynski.pl/products/puczynski?search.tags=%C5%82awka%2Cdla+senior%C3%B3w#product21-04-08

PICTURES:

Picture 4: Source: https://www.puczynski.pl/products/puczynski?search.tags=%C5%82awka%2Cdla+senior%C3%B3w

Picture 5"Source: https://www.puczynski.pl/products/puczynski?search.tags=%C5%82awka%2Cdla+senior%C3%B3w

MOVABLE CHAIRS

LOCATION, COUNTRY

Luxembourg Gardens, Paris, France

Bryant Park, New York, USA

and a lot of other parks...

GENERAL DESCRIPTION

There can be some advantages to using chairs instead of benches in parks. They are often more comfortable and cheaper than benches. Visitors of all ages can move them where they want to sit closer together or not, in the sun or in the shade.

KEY FACTS

Who has introduced this measure? When?

This measure was first adopted by the French Senate in the mid-19th century. The chairs could be hired. Since 1974 they have been free of charge. Movable chairs became really popular thanks to William H. Whyte, a journalist and urban planner who drafted a series of recommendations for New York City including making movable chairs available in parks.

Is it a private or public measure?

It is a public measure.

What is the context of this example of good practice? Please mention the relevant political, socio-economic, technological and/or geographical aspects.

When Bryant Park was redesigned in the 1980s, the chairs that were used in another New York park were used on Whyte's advice. The need to create seating was obvious: "New York is a tough town to sit in", said William H. Whyte.

In addition, there was a change in the designers' understanding and approach, which increasingly incorporated people's needs into the planning processes.

Is it scalable? (Was the example implemented as a single practice, as a daily practice or even rolled out to other areas?)

Movable chairs can now be found in many parks, indicating a successful approach.

IMPLEMENTATION

What was done and how?

In 1991 Andrew Manshel, a former attorney, became associate director of the Bryant Park Restoration Corporation. He was instrumental in adopting the movable chairs and other recommendations made by William H. Whyte. In April 1992 Bryant Park had 2000 green bistro chairs.

RESULTS

What has resulted from the activities?

Other institutions such as Minneapolis Park & Recreation Board or Kenney Park in Sommerville have adopted this measure to make their parks more attractive for visitors.

Is it an on-going activity, or is it completed?

It is an on-going activity (other parks are already implementing it or planning to implement it).

SOURCES

https://gothamist.com/arts-entertainment/how-bryant-parks-iconic-chairs-revolutionized-public-spaces

https://www.pps.org/article/movable-seating

https://beyondthewindowbox.wordpress.com/2015/09/02/take-a-seat/

https://www.sociallifeproject.org/magic-luxembourg-gardens/#:~:text=There%20are%20three%20types%20of,idea%20of%20being%20%22comfortable%22.

https://bryantpark.org/?/blog/a-place-is-better-than-a-plan-revitalizing-urban-areas-is-best-done-through

PICTURES

Picture 6: Source: Olya Kobruseva on Pexels.com

STREET ART AREAS

LOCATION, COUNTRY

Warsaw, Poland

GENERAL DESCRIPTION

Street-art zones have been created in Warsaw for years. The municipal authority has designated almost 60 places where graffiti artists can paint or draw legally. Other Polish cities have also designated places where street artists can perform legally can paint'. In this way the young and talented people may express themselves and embellish their surroundings.

KEY FACTS

Who has introduced this measure? When?

The measure was introduced by the Council of the Youth in Warsaw's Bielany District in September 2021.

Is it a private or public measure?

It is a public measure organized by the local authorities

What is the context of this example of good practice? Please mention the relevant political, socio-economic, technological and/or geographical aspects.

The need for this measure was expressed by the young residents of the district who wanted to have a place to express their talents and views. On the other hand, the local authorities wanted to have control over the activities of the young. That's why it was decided to designate several walls in the district for their activities under the supervision of experienced artists.

Is it scalable? (Was the example implemented as a single practice, as a daily practice or even rolled out to other areas?)

Yes, it is. Similar street art areas are flourishing in many cities, as they not only offer opportunities to carry out artistic activities but may also embellish public spaces.

IMPLEMENTATION

What was done and how?

Several walls and fences in Warsaw's Bielany District are dedicated to graffiti paintings. These buildings and fences belong to public institutions and are managed by the local authorities.

RESULTS

What has resulted from the activities?

Young people with similar interests have been integrated into the local community. An additional benefit is that many of these drawings positively influence the appearance of the environments they are in.

When? Is it an on-going activity, or is it completed?

Yes, it is on-going and there are plans to add more walls on which people can paint or draw graffitis.

SOURCES

https://warszawa.naszemiasto.pl/bielany-urzad-dzielnicy-bielany-zaprasza-milosnikow-street/ar/c1-589848

PICTURES

Picture 7: © Agnieszka Cieśla

APARTMENTS

Apartments

Housing is a basic human need and human right. The quality of housing conditions highly determines our well-being. In times of rocketing housing prices, providing good living conditions to everybody, particularly to vulnerable and less affluent groups, is becoming more and more difficult.

According to Eurostat, in 2020 17.5% of the EU population lived in overcrowded households.[2] This means that their houses were too small for their needs. A person is considered as living in an overcrowded household if the household does not have a minimum number of rooms, i.e.,:

- one room for the household;
- one room per couple in the household;
- one room for each single person aged 18 or more;
- one room per pair of single people of the same gender between 12 and 17 years of age;
- one room for each single person between 12 and 17 years of age and not included in the previous category;
- one room per pair of children under 12 years of age.[3]

Many families face problems resulting from living in overcrowded apartments. This is also the case for two BIG Game characters: Peter and Waldemar. The well-designed interiors might help to some extent. Fortunately, new housing models are being developed to help less affluent families move into the houses that meet their needs.

Good housing conditions are also vital for the health and well-being of older adults. It is estimated that half of the accidents experienced by older adults happen at their homes with bathrooms and kitchens being the most hazardous places.

If you want to learn more on how to make homes safer, functional, more comfortable and easier to maintain when ageing in place, you are invited to follow one of the Hands on SHAFE project trainings: 'Age friendly home':

https://hands-on-shafe.eu/en/unit/HoS_TU_built_02_enIn

The following are some good examples of measures supporting BIG game characters in housing solutions are presented:

- 'Knarrenhof', small living communities for self-reliant seniors (Denis)
- Cohousing for people with dementia (Demenz WG) (Ewa)
- 'Huis Assendorp' (House Assendorp), an intergenerational living community (Peter with his family, Waldemar with his daughter, Denis)
- 'Mommunes' Cohousing for single mothers (Anna, pregnant woman)
- Good practices in building (tiny) friendly environments for children and parents (Waldemar)
- Good practice in design for dementia and sight loss (Ewa)

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[2] https://ec.europa.eu/eurostat/statistics-explained/index.php?title=Living_conditions_in_Europe_-_housing&oldid=569706

[3] https://ec.europa.eu/eurostat/statistics-explained/index.php?title=Glossary:Overcrowding_rate

'KNARRENHOF', SMALL LIVING COMMUNITIES FOR SELF-RELIANT SENIORS

LOCATION

The Netherlands

GENERAL DESCRIPTION

Knarrenhof is a social enterprise that set ups small living communities for senior citizens who are fairly self-reliant. The concept originally consisted of a community in which multiple smaller housing units shared an inner courtyard. Here, according to the concept, older people could and can live independently and age-in-place, as people can help and accompany each other if they wanted or needed to.

KEY FACTS

Who has introduced this measure? When?

Knarrenhof was founded by social entrepreneur Peter Prak in 2011.

Is it a private or public measure?

Knarrenhof is a private measure.

What is the context of this example of good practice? Please mention the relevant political, socio-economic, technological and/or geographical aspects.

An increasing number of older people are expected to age in place. In the Netherlands, many residential care homes have been phased out in recent years, creating a gap between ageing in place and institutional care. Most older people, particularly those who live independently, are not in need of continuous care and support. However, ageing in place may lead to extreme isolation. A wide range of collective housing initiatives offer an alternative form of ageing in place.

Is it scalable? (Was the example implemented as a single practice, as a daily practice or even rolled out to other areas?)

A Knarrenhof, or a similar initiative, can be started in every location.

IMPLEMENTATION

What was done and how?

The social enterprise works on a collective private commission requested by a group of future residents who come together to finance and shape the development of a housing facility where they will go and live.

RESULTS

What has resulted from the activities?

Various communities have been established throughout the country.

When? Is it an on-going activity, or is it completed?

Different Knarrenhof communities are still being developed throughout the country.

SOURCE

Knarrenhof® - Hét alternatief voor mantelzorg - Knarrenhof.nl

PICTURES

Picture 8: Source: https://knarrenhof.nl/zwolle/

COHOUSING FOR PEOPLE WITH DEMENTIA (DEMENZ WG)

LOCATION, COUNTRY

Various locations, Germany

GENERAL DESCRIPTION

Many people in the early stage of dementia stay at home and are being looked after by their relatives. This has a very positive impact on their functioning. However, once the impairment reaches a certain degree of severity, relatives are overwhelmed with the care effort. Symptoms associated with dementia, such as forgetfulness and disorientation, make everyday tasks more demanding. Moreover, some people affected by dementia have a tendency to run away which poses an additional risk and is a source of great stress for carers. The situation becomes increasingly stressful for both sides.

The decision to move into a cohousing home or community for people with dementia might be difficult to make, but it might be the only solution to ensure the safety of someone with dementia. Although moving into such a place is a big change, it is much easier than being admitted to a big nursing home or a hospital. In cohousing home or communities for people with dementia, the number of residents cannot exceed 12. Residents have their own rooms where they can enjoy their personal privacy.

KEY FACTS

Who has introduced this measure? When?

In Germany, residential communities for mentally ill and disabled people have been known since the 1970s. A similar trend could be observed in other Western societies. The first flat of this type was built in Berlin at the end of the 1990s.

Is it a private or public measure?

Cohousing for people with dementia can be organised by either private or public entities.

What is the context of this example of good practice? Please mention the relevant political, socio-economic, technological and/or geographical aspects.

Three phases can be distinguished in the development of cohousing for people with dementia in Germany. In the first phase, this type of housing was created by residents' families or by the residents themselves. In the second phase, cohousing became part of the standard care as confirmed by the federal states' support for assisted co-housing. In the current third phase, forms of assisted co-housing are well established by law and have seen very intensive growth. In 2003 there were 150 such flats whereas in 2013 there were already 1600.

Is it scalable? (Was the example implemented as a single practice, as a daily practice or even rolled out to other areas?)

Yes, it is. This is confirmed by the rapid growth in the number of these flats across Germany.

IMPLEMENTATION

What was done and how?

Residents have their own rooms with their own furniture and share the kitchen, the living room and the bathroom. The recommended number of residents for such a type of cooperative is between 6 and 12 (in some federal states 8). Due to the high costs for care personnel per person, flats or houses with less than 6 people are not recommended.

RESULTS

What has resulted from the activities?

It is worth pointing out that, in times of pandemic, this type of housing is a much safer place than institutional care facilities, which often house more than 100 people and where viruses spread very quickly.

When? Is it an on-going activity, or is it completed?

Plenty of new cohousing flats or houses for people with dementia are being created across the country, benefiting family members as well as people affected by dementia.

SOURCE

Kremer-Preiß, U. i Mehnert, T., 2014. Wohnatlas Rahmenbedingungen der Bundesländer beim Wohnen im Alter, Kuratorium Deutsche Altershilfe, Wüstenrot Stiftung.

'HUIS ASSENDORP' (HOUSE ASSENDORP), AN INTERGENERATIONAL LIVING COMMUNITY

LOCATION, COUNTRY

Zwolle, the Netherlands

GENERAL DESCRIPTION

In Huis Assendorp, students and older people from different generations live together in an intergenerational living community. This living community has around 150 apartments and several communal spaces, including an art studio,where people can meet and organise activities together.

KEY FACTS

Who has introduced this measure? When?

Habion, a large social housing association, transformed a former residential care home into this intergenerational living community in partnership with the local community.

Is it a private or public measure?

Social housing associations are private, non-profit enterprises that work towards achieving their social missions.

What is the context of this example of good practice? Please mention the relevant political, socio-economic, technological and/or geographical aspects.

In the Netherlands, there is a long tradition of social housing with social housing associations providing housing to people with limited financial resources. Some social housing associations specialise in providing housing for older people. An increasing number of older people are expected to age in place. In the Netherlands, many residential care homes have been phased out in recent years, creating a gap between ageing in place and institutional care. Most older people, particularly those who live independently, are not in need of continuous care and support. However, ageing in place may lead to extreme isolation. A wide range of collective housing initiatives offer an alternative form of ageing in place.

Is it scalable? (Was the example implemented as a single practice, as a daily practice or even rolled out to other areas?)

The housing association leads similar innovative transformation processes in other municipalities in the Netherlands.

IMPLEMENTATION

What was done and how?

The concept was developed in close collaboration with the local community. The social housing association formed a partnership with a local care partner that provides care for residents if needed. Future residents and the local community were involved from the very beginning, and were invited at a kick-off meeting where an open exploration

of the various circumstances was held. Within this process, regular meetings were held every eight weeks, and the process was rather iterative. In these meetings, wishes were gathered, feedback was provided, and participants were able to ask what was being done with the input they were providing. This methodology revolved around a positive and shared working goal among all the stakeholders.

RESULTS

What has resulted from the activities?

People of different generations live together in a close community specifically designed by and for the residents themselves. People can help and accompany each other if wanted or needed.

When? Is it an on-going activity, or is it completed?

The housing association leads similar innovative transformation processes in other municipalities in the Netherlands that, in turn, can lead to launching innovative housing initiatives for older people.

SOURCE

https://www.huisassendorp.nl/

PICTURE

Picture 9: Source: https://www.huisassendorp.nl/ons-verhaal/

'MOMMUNES' COHOUSING FOR SINGLE MOTHERS

LOCATION, COUNTRY

Los Angeles, USA

GENERAL DESCRIPTION

Living alone is very challenging for single mothers, whose number is growing rapidly across the world. Therefore, the concept of cohousing for single mothers is currently gaining popularity. Living together with other women who have children has many benefits, like receiving and giving help and support. Moreover, for many single mums living on their own is becoming too expensive, which is why cohabitation is becoming an increasingly interesting option for them.

KEY FACTS

Who has introduced this measure? When?

The first cohousing for single mothers was organised as far back as the 1960s. Nowadays, there are specific websites connecting single mothers looking to move in together.

Is it a private or public measure?

It is a private measure although in some countries such living arrangements for single mothers are organised by public social care providers.

What is the context of this example of good practice? Please mention the relevant political, socio-economic, technological and/or geographical aspects.

Unlike the communes which were formed in the sixties and seventies, when mothers gathered under one roof to provide emotional support and share parenting duties, today, financial motivation is the main driver.

Is it scalable? (Was the example implemented as a single practice, as a daily practice or even rolled out to other areas?)

Yes, it is scalable. The growing number of users of such websites as https://roommateswithkids.com/ proves that there is an increasing demand for these living options. The majority of the members of 'Roommates with kids' are women.

IMPLEMENTATION

What was done and how?

There are many different stories behind each mommune. One of them was described by Janet Hoggarth in a book entitled The single Mums' Mansion, published in 2018.

RESULTS

What has resulted from the activities?

Single mothers and their children enjoy better living conditions, can share some costs and support one another.

When? Is it an on-going activity, or is it completed?

More and more mommunes are being created across the world.

SOURCE

https://www.amazon.pl/Single-Mums-Mansion-Janet-Hoggarth/dp/1788548620

https://www.moms.com/welcome-to-the-mommune-20-stories-from-women-who-chose-to-co-mother-their-kids/

https://www.bbc.com/worklife/article/20190827-the-single-mums-who-live-together-on-mommunes

GOOD PRACTICES IN BUILDING (TINY) FRIENDLY ENVIRONMENTS FOR CHILDREN AND PARENTS

LOCATION, COUNTRY

Treehugger – Sustainability for all | Shedsistence Mobile Habitat Project – Website

GENERAL DESCRIPTION

A space created for children must respond to their basic needs and be safe enough to avoid accidents. In recent years, many parents have had difficulties in adapting their homes, especially smaller ones, to accommodate newly born babies and promote a learning environment.

Safety is a concern for all ages. Regarding house adaptation to accommodate babies, besides measures that are easy to implement, like restricting access to the kitchen, installing non-slip floors in wet areas, avoiding tall furniture near windows, and protecting furniture with rounded corners, other investments can be made to include facilities when one more person comes to live in small apartments.

This good practice describes the possibility of creating a safe space in an adapted room above the kitchen or other environments. It requires some construction work but can be done easily and relatively cheaply. Stairs that are also cabinets enable access to a second floor.

The challenge in this case was to provide safety without losing light. Therefore, a sturdy net and DIY safety gate were installed so that there was no risk of falling. A blackout curtain was put up to create a good sleep environment. It was possible to install a DIY baby loft crib to allow co-sleeping and, at the same time, some space for a baby to play.

KEY FACTS

Who has introduced this measure? When?

Shedsistence Mobile Habitat Project and Treehugger – Sustainability for all - 2014

Is it a private or public measure?

A private one.

What is the context of this example of good practice? Please mention the relevant political, socio-economic, technological and/or geographical aspects.

This good practice is an example of how a small apartment can be adapted to create a new room and include a safe environment for a baby. This is important as many parents want to continue to live in their apartments even though they need to adapt it. This solution does not require a lot of money and provides a safe environment for children. The idea is practical and can be a solution in different contexts.

Is it scalable? (Was the example implemented as a single practice, as a daily practice or even rolled out to other areas?)

The concept is scalable and may serve as an inspiration for other implementations. The idea is to be aware of this type of apartment adaptation and replicate it in different situations.

IMPLEMENTATION

What was done and how?

A second floor was created in a T0 apartment to add a new room. The room was made safe for children with a sturdy net and DIY safety gate. Privacy was guaranteed with a blackout curtain.

RESULTS

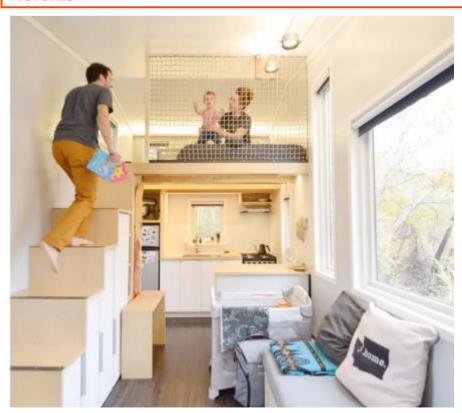**What has resulted from the activities?**

The resulting space is friendly to all ages.
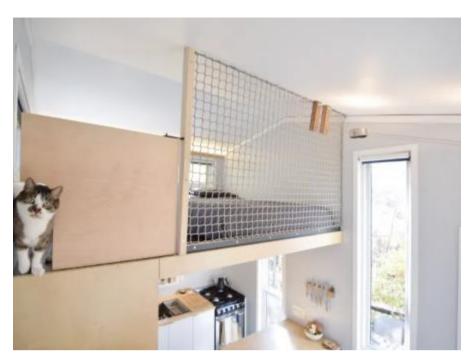
SOURCE

https://www.treehugger.com/tiny-home-with-baby-shedsistence-4857673

https://shedsistence.com/2017/11/19/net/

https://shedsistence.com/

PICTURES

Picture 10: Source: https://www.treehugger.com/tiny-home-with-baby-shedsistence-4857673

Picture 11: Source: https://www.treehugger.com/tiny-home-with-baby-shedsistence-4857673

RESTAURANTS / SUPERMARKETS

Restaurants/supermarkets

Shopping places and services need to be designed so that they are available and accessible to all. Different and sometimes contradictory users' needs have to be taken into account.

According to research, shopping is older adults' most favourite activity. It gives them the opportunity to meet and talk with others, not only sellers or shopkeepers but also neighbours. These contacts reduce the risk of isolation and depression and are vital to maintain good mental health. One of the major constraints for older adults when walking out is the fear of needing a toilet. This fear is linked with incontinence, which many older adults suffer from. Many public spaces lack toilets. Fortunately, there are already good examples like the German 'Nette Toilette' initiative thanks to which toilets in shops and amenities are available to older adults and other users.

Shopping and using amenities like restaurants might be challenging for people with dementia and their carers. People with dementia might get lost. They might forget to pay and try to leave a shop without paying. They might also behave strangely, which is a result of their illness. Staff should be trained and be prepared to deal with clients suffering from dementia to avoid unpleasant situations.

Shopping centres should have clear signage allowing people with dementia but also those with vision impairments to easily find their way.

Interiors should meet the requirements of universal design principles and fill the needs of a broad number of users, not only older adults but also people with autism or young kids.

Accessible and well-designed amenities are assets in a neighbourhood. They are an important factor in determining the level of age-friendliness of a given area.

The following list shows some good examples of measures supporting BIG game characters in public spaces such as restaurants and supermarkets:

- Parents day in a restaurant. France and Belgium (Waldemar with his daughter)
- 'Dementia-Friendly' supermarket checkout, the UK (Ewa)
- Pret A Manger Restaurant, the UK (Ewa, Waldemar with his daughter)
- 'Dementia Friendly' Airport, London Heathrow, the UK (Ewa)
- Age-friendly shopping mall: Aeon Mall Kasai in Tokyo, Japan (Denis, Ewa, Joao)

PARENTS DAY IN A RESTAURANT

LOCATION, COUNTRY

Les Fils à Maman - Restaurants in France and Belgium

GENERAL DESCRIPTION

Parents often have a hard time finding child-friendly restaurants. These places generally do not want the extra work of receiving a child, since it means an extra chair at the table or an extra plate , there is more mess, screams, and the need to adapt the menu. Often, parents prefer to eat at home and leave part of their socialisation out because of this. Some restaurants have identified this situation and have considered this a business opportunity. They have begun to invest in adapting and making eating out more comfortable for parents.

With child obesity on the rise, these days a lot of parents prefer healthier snacks over French fries for their children. Offering healthy options on the menu like vegetables, baked chicken with cheese dip, grilled chicken with steamed broccoli, pasta, or fruit slices can give you an edge over other restaurants. Even McDonald's is offering healthier options in their happy meals, including milk instead of soda, and apple dippers instead of French fries.

The Les Fils à Maman, a restaurant chain in France and Belgium, has adopted this concept. They only serve food made with fresh products, and have an unusual decor that attracts adults and children. The menu is adapted to children and contains healthy food.

The restaurant chain has also created parent's dinner evenings - another innovation for parents who want to eat meals in peace. During these evenings, one or more babysitters and a facilitator take care of the children in a different room while the parents are eating their meals in peace.

KEY FACTS

Who has introduced this measure? When?

Les Fils à Maman, a restaurant chain created in 2009. There is no data about when this good practice began.

Is it a private or public measure?

A private one.

What is the context of this example of good practice? Please mention the relevant political, socio-economic, technological and/or geographical aspects.

The socio-economic context is related to a cultural change with parents no longer staying at home and starting to look for restaurants or places where they can socialise even with their children. A number of businesses have tried to respond to parents' needs such as healthy food made especially for children and safe leisure spaces where parents can eat while their children are playin. Many good practices have already been created and implemented. In this case, the difference is a specialised team that looks after the children who stay in a separate room to play and enjoy educational games, while parents finish their meals.

Is it scalable? (Was the example implemented as a single practice, as a daily practice or even rolled out to other areas?)

The concept is scalable; it is a weekly event and can be rolled out to other areas, like supermarkets and hotels.

IMPLEMENTATION

What was done and how?

The restaurants provide a specialised team that takes care of children who stay in a separate room to play educational games, while parents finish their meals.

RESULTS

What has resulted from the activities?

The result is a space that can be used by people of all ages.

When? Is it an on-going activity, or is it completed?

It is an on-going activity that was implemented in a restaurant but can be replicated.

SOURCE

https://www.lesfilsamaman.com/

PICTURES

Picture 12: Source: www.lesfilsamaman.com

Picture 13: Source: www.lesfilsamaman.com

Picture 14: Source: www.lesfilsamaman.com

'DEMENTIA-FRIENDLY' SUPERMARKET CHECKOUT

LOCATION

United Kingdom

GENERAL DESCRIPTION

The Tesco supermarket chain has launched the first 'Dementia-Friendly' checkout. It is considered 'Dementia-Friendly' because it is clutter-free and features clear images showing coins and their value. Staff is also specifically trained thus creating a more dementia-friendly shopping experience for customers.

KEY FACTS

Who has introduced this measure? When?

The measure was initiated in 2015 by the compliance manager at the Tesco branch after attending a 'Dementia Do' training session with Dementia Friends.

Is it a private or public measure?

It is a private measure.

What is the context of this example of good practice? Please mention the relevant political, socio-economic, technological and/or geographical aspects.

An increasing number of older people are expected to age in place. In the Netherlands, people with dementia often live in their own homes thus, facing more challenges in their day-to-day environment.

Is it scalable? (Was the example implemented as a single practice, as a daily practice or even rolled out to other areas?)

The concept is scalable and can be rolled out to other areas.

IMPLEMENTATION

What was done and how?

Tesco organised focus groups with people affected by dementia and their informal carers, and then developed and gave life to the concept.

RESULTS

What has resulted from the activities?

A dementia-friendly checkout was created. According to staff, general awareness has gone up, also among customers.

When? Is it an on-going activity, or is it completed?

SOURCE

The UK's First Dementia-Friendly Checkout (dementiaaction.org.uk).

PRET A MANGER RESTAURANT

LOCATION, COUNTRY

London Heathrow Terminal 2, UK

GENERAL DESCRIPTION

London Heathrow Airport is a very busy and noisy place. This may cause some problems in sensitive persons such as small children, autistic adults or persons with dementia who may react with irritation and fatigue. The purpose of the interior design of this Pret A Manger restaurant was to provide a serene and relaxed space where these people (and not only them) could rest and enjoy their meals.

KEY FACTS

Who has introduced this measure? When?

The restaurant was opened in 2020.

Is it a private or public measure?

It is a private measure.

What is the context of this example of good practice? Please mention the relevant political, socio-economic, technological and/or geographical aspects.

The need for a calmer place to eat and rest for a while in a very busy and loud airport. In view of increasing advances in neuroscience, it has become clear that we need spaces where atypical people, including those with autism or dementia, feel comfortable. It's very important to shape our built environment so that it is accessible and welcoming to all.

Is it scalable? (Was the example implemented as a single practice, as a daily practice or even rolled out to other areas?)

The concept is scalable. It might be assumed that, with increasing awareness about neurodivergence, this type of interior design will become more common.

IMPLEMENTATION

What was done and how?

The restaurant was created with a unique interior design which reduces noise and gives some privacy. It is characterised by the use of pastel colour palette which tend to have a calming effect. It is very much appreciated by passengers.

RESULTS

What has resulted from the activities?

The restaurant is very busy.

When? Is it an on-going activity, or is it completed?

Yes, the restaurant is open.

SOURCE

https://www.dfnionline.com/latest-news/heathrow-airport-unveils-new-pret-manger-terminal-2-09-09-2020/

PICTURE

Picture 15: © Joanna Erbel

RESULTS

DEMENTIA-FRIENDLY AIRPORT, LONDON HEATHROW

LOCATION, COUNTRY

London, United Kingdom

GENERAL DESCRIPTION

Heathrow Airport is committed to becoming the world's first dementia-friendly airport. Employees of Heathrow Airport look after passengers with hidden disabilities, focusing on dementia, autism, and deaf and blind passengers. Wearing a sunflower lanyard at Heathrow enables staff to recognise people with a hidden disability without needing to declare it. There are also airside quiet zones. At the security check out, where people could feel stressed easily, security guards are trained to help reduce anxiety.

KEY FACTS

Who has introduced this measure? When?

This initiative was made possible thanks to a partnership between Heathrow Airport, the Department of Health, and the Alzheimer's Society.

Is it a private or public measure?

What is the context of this example of good practice? Please mention the relevant political, socio-economic, technological and/or geographical aspects.

An increasing number of older people are expected to age in place. In the Netherlands people with dementia often live in their own homes thus facing challenges in their day-to-day environments. Airports can be particularly stressful for people with dementia.

Is it scalable? (Was the example implemented as a single practice, as a daily practice or even rolled out to other areas?)

More airports have followed this good example to become more dementia-friendly.

IMPLEMENTATION

What was done and how?

Heathrow Airport has implemented a number of initiatives. More than 1,000 Heathrow staff were deployed as 'dementia friends', and the airport has pledged to make all 76,000 people who work there dementia-aware through training. Quiet areas have been created in the terminals to provide a quiet places.

RESULTS

What has resulted from the activities?

With the implementation of these measures, a more dementia-friendly airport has been created where people could get the support they need.

SOURCE:

flying-with-dementia.pdf (heathrow.com)

PICTURE

Picture 16: © Christoph Mukherjee / HERING COMPANY GROUP

AEON MALL KASAI IN TOKYO, JAPAN

LOCATION, COUNTRY

Tokyo, Japan

GENERAL DESCRIPTION

Aeon Mall Kasai in Tokyo, Japan, has been promoting the 'age-friendly' concept since 2011. The Mall was revamped as Aeon Grand Generation's Mall (G.G Mall) in 2013 with the design concept of 'dedicated to seniors' supplemented by the 'More Wonders in the Second Half of Life!' slogan for its opening. It aims at serving older adults and exploring the potential of the 'silver market'. Its target is to open or revamp 100 age-friendly stores by 2025 to address the needs of senior citizens.

The Grand Generation (G.G.) is that of the baby boomers born in the post-war period, i.e., people who are 55 years old or over. 'Grand' implies the 'important, high-class' status of the elderly and also shows the respect towards seniors by the locals.

KEY FACTS

Who has introduced this measure? When?

It seems that the idea follows a growing demand for services and products for seniors due to the growing number of this group of customers/

Is it a private or public measure?

It is a private measure.

What is the context of this example of good practice? Please mention the relevant political, socio-economic, technological and/or geographical aspects.

Japan is the country where the ageing process is most advanced. It is also a country where seniors are treated with great respect. Not only public but also private institutions are responding to the ageing process and their actions can be regarded as very progressive and worth following.

Is it scalable? (Was the example implemented as a single practice, as a daily practice or even rolled out to other areas?)

Yes, Aeon Mall Kasai in Tokyo can be treated as exemplary and the solutions that it has implemented can serve as inspiration for other shopping centres across the world.

IMPLEMENTATION

What was done and how?

Many solutions have been implemented by the Aeon Mall Kasai to make it more in line with needs of seniors.

Age-friendly measures:

- A supermarket and shops located on the fourth floor and open from 7am all year round. Sales and early-bird discount activities are held before 9am or earlier to match the habits of the seniors.
- 'Grand Generation' is held regularly offering discounts to customers aged 55 or over.
- There are also dedicated floors for older adults with a bank, a café, a cultural centre, a musical instrument audition room, a rehabilitation centre and a gym for them.
- Designated staff on the spot to introduce and explain the 'age-friendly' concept and related facilities to visitors.

Age-friendly interior:

- Slow down the speed of escalators.
- Corridors are wider. The 180-meter indoor walking path installed with slip-resistant mats encourages older adults to exercise.
- A crutch holder has been installed in each toilet compartment.
- Reading glasses and sofas are available in the bookstore for customers' use.
- Shelves have been lowered in supermarket and labelled with enlarged fonts.
- Shopping carts are made of aluminium instead of steel, reducing their weight by 30% as compared with traditional carts. They can be easily pushed and rotate by 360 degrees.

Matching Older Adults' Tastes and Needs:

- Brands and products serve the needs of senior customers, covering fashion, sports, food, healthcare, daily goods, etc., including Chinese herbal medicines, healthcare products and health consultations.
- The supermarket mainly sells healthy food with less sugar, salt, and seasoning. To match the needs of seniors, single people or couples, the supermarket also offers small portions or light portion packages.
- Special selection of music and songs from the older generations are used as background music. Vintage coffee makers are used in the café.
- To foster the physical and mental health of older adults, the Mall collaborates with local non-governmental organisations to host morning exercise sessions for the elderly. As part of these corporate social responsibility initiatives, the scheme also encourages the elderly to work out by offering supermarket points to redeem gifts, combining leisure, entertainment and shopping in one-go.

RESULTS

What has resulted from the activities?

This place is patronised by many older adults. The Aeon Mall Kasai in Tokyo can serve as a cutting-edge example of the shopping mall of the future.

When? Is it an on-going activity, or is it completed?

Yes, it is an on-going activity.

SOURCE

https://www.jcafc-shoppingmalls.hk/en/charter/case

ACCESSIBILITY OF TOILETS IN PUBLIC SPACES

LOCATION, COUNTRY

Munich, Germany

GENERAL DESCRIPTION

The number of public toilets in Munich has significantly increased. Based on an adjusted criteria system, there was a need for public toilets in a total of 24 small and large city parks in Munich. These toilets were introduced by Munich's Building Department following an order from Munich City Council. Representatives of groups of people with special requirements were included in planning the implementation of this measure.

KEY FACTS

Who has introduced this measure? When?

In a resolution passed on 15 May 2019, the plenary session of Munich City Council instructed the Building Department, among other things, to develop a series of criteria to determine the need for toilets in public spaces. The goal was to significantly increase the number of public toilets in Munich and to quickly close gaps in supply.

Is it a private or public measure?

It has been a public measure, since the Council of the City of Munich started it.

What is the context of this example of good practice? Please mention the relevant political, socio-economic, technological and/or geographical aspects.

Munich City Council implemented this measure to address three main issues. Firstly, they tried to address the need for toilets in spaces where access to them was very limited. In fact, no public building or premises open to the public provided toilets. This was the case for green areas such as parks, skate parks or playgrounds). Secondly, they tried to pay attention to the needs of vulnerable groups, in particular people with limited mobility, parents who need to care for their children, or women who want to feel comfortable and safe in public toilets. That's why they included diaper changing tables, and emergency call devices. The City Council also ensured that the immediate outdoor areas were always illuminated at night. Thirdly, they attached great importance to high hygienic standards. Besides washbasins, soap dispensers and hand dryers, toilet cubicles are automatically cleaned after each visit. In addition, regular checks and extra cleaning are carried out by cleaning staff.

Is it scalable? (Was the example implemented as a single practice, as a daily practice or even rolled out to other areas?)

Thanks to this good practice and its detailed description, this measure will be suitably adapted and introduced in other cities.

IMPLEMENTATION

What was done and how?

A set of criteria was established with special focus on people with limited mobility, baby changing facilities for parents, needs of women and non-commercial use of areas along the Isar such as skate parks, playgrounds, etc. The criteria were then submitted to the City Council for decision. Implementation soon followed.

RESULTS

What has resulted from the activities?

So far, eight out of 29 public toilets have been built with four more planned for 2022. The other ones are going to be built after checking the demand for and success of the existing ones. Since the project isn't finished yet, no final evaluation has been made.

Is it an on-going activity, or is it completed?

Since not all of the 29 toilets have been built yet, the project is on-going.

SOURCES

https://stadt.muenchen.de/infos/oeffentliche-toiletten.html

https://risi.muenchen.de/risi/sitzungsvorlage/detail/5695178

DIE NETTE TOILETTE

LOCATION, COUNTRY

Many cities and towns in Germany and Switzerland

GENERAL DESCRIPTION

As there is often a lack of toilets in public spaces, the initiators of 'Die Nette Toilette' (The friendly toilet) set themselves the goal to address this need. This was done in form of an app that gives an overview of public toilets in participating bars, restaurants and public buildings so that people have better access to toilets. The app provides a platform for cooperation between bar and restaurant owners and the city administration. Participating establishments make their toilets available to non-guests free of charge, and in return, they receive compensation for their expenses from public funds. In this way, the city saves money, the bars and restaurants are supported, and people have greater access to toilets.

KEY FACTS

Who has introduced this measure? When?

The app was developed by 'Die Nette Toilette' in 2014 and redesigned in 2021.

Is it a private or public measure?

The app is distributed by a private concept and advertising agency but municipalities publicise and promote the app at local level.

What is the context of this example of good practice? Please mention the relevant political, socio-economic, technological and/or geographical aspects.

New public toilets entail high investments for cities, and their cleaning and maintenance are enormously expensive. This project reduces costs for cities and can support local bars and restaurants. The app has created a citywide network of toilets available to the general public.

Is it scalable (Was the example implemented as a single practice, as a daily practice or even rolled out to other areas?)?

It definitely is because it's an App and not bound to the local conditions of a city or town. It has already been implemented in 339 cities and communities in Germany and 12 in Switzerland.

IMPLEMENTATION

What was done and how?

The first step is usually a decision by a local council to implement this initiative in its own city or town. This is usually followed by a search for restaurants and public buildings (adult education centres, libraries, etc.) that are willing to open their toilets to the general public. The department in charge of public conveniences (it may be the public order office, the registry office, the real estate office, the tourism office, the municipal council, the mayor, the seniors'

council, etc.) will then approach the app provider. Finally, the municipalities order flyers, stickers, etc., for participating toilet providers who receive a web code to implement the app in their cities or towns.

RESULTS

What has resulted from the activities?

Various cities and towns have already joined this initiative and consider it a complete success not only because of the higher availability of toilets but also from a tourist point of view. Furthermore, shops and restaurants benefit from the project both financially and because they raise their profile.

Is it an on-going activity, or is it completed?

It is on-going, since more and more cities and communities are implementing this project.

SOURCES

https://www.die-nette-toilette.de

PICTURES

Picture 17: Source: www.die-nette-toilette.de, (c) STUDIOO GmbH

BUS STOPS

Bus stops

Bus stops are an important part of urban infrastructures. They showcase a given neighbourhood and can serve as information points.

The role of public communication has been growing in recent years, particularly because of the need to reduce air pollution in cities caused by excessive car usage. Attractive, accessible and comfortable bus stops can be a great way to promote public transportation.

In an inclusive city, every inhabitant should have access to a bus stop within a walking distance of a maximum of 10 minutes.

Safety is also an important issue to take into account when thinking about modern bus stops and public transportation. Smart technologies allow for better surveillance and quick response in case of an alarming incident. Good lighting is also essential in maintaining safety and comfort at a bus stop.

Transport for London has drafted the online Design Guidance for Accessible Bus Stops which gives recommendations and guidelines on how to design accessible bus stop environments. The Guidance, that can be used by other organisations, is downloadable here:

https://content.tfl.gov.uk/bus-stop-design-guidance.pdf#:~:text=The%20Accessible%20Bus%20Stop%20Design%20Guidance%20sets%20out,design%20as%20well%20as%20engineers%20designing%20bus-specific%20infrastructure.

Picture 18: © Foundation Voorall, The Hague

The following list contains measures that can support the BIG Game characters:

- Smart bus shelters, Worcester, UK (all characters)
- Green bus stops, Siemiatycze, Poland (all characters)
- Walker and Wheelchair Training, Hanau, Germany (Denis)
- Mobility in inclusive cities, Erlangen, Rostock, Schneverdingen, Schwäbisch Gmünd und Verbandsgemeinde Nieder-Olm, Germany (all characters)

SMART BUS SHELTERS

LOCATION, COUNTRY

Worcester, UK

GENERAL DESCRIPTION

The search for quality public transport is not a new necessity. Citizens have always needed it and now, with concerns for a healthier environment, it has again become an important measure for carbon reduction. To do this, public transport needs to be safe and accessible. In addition, bus stops need to be adapted and become informative. Users need to know which buses will stop and at what time. They need to feel safe and protected, especially those with children.

To meet this need, Worcester has created smart bus shelters with recyclable materials that protect from rain but have also undergone an anti-bacterial treatment to ensure their safety and cleanliness. The shelters are suitable for young and older people. There is enough space for pushchairs, and bicycles can be left there. The interactive screen gives passengers the necessary information about the buses and places closest to the bus stops.

With real-time passenger information both in and on the shelters and large interactive displays, these smart hubs give travellers all the information they need for their journeys. Smart lighting, integrated CCTVs, graffiti-resistant materials, and antibacterial coating also provide passengers with new levels of safety and security.

Each hub boasts significant sustainable technology designed to support Worcester's net-zero and aggregated energy policy. Part-powered by two solar panels and a vertical wind turbine, each shelter is made from recycled bottles and can be completely recycled at the end of its life.

KEY FACTS

Who has introduced this measure? When?

The municipality of Worcester, UK.

Is it a private or public measure?

A public measure.

What is the context of this example of good practice? Please mention the relevant political, socio-economic, technological and/or geographical aspects.

The measure was developed to address an old problem by applying good practices to healthy and age-friendly environments. Furthermore, concerns for the environment makes the measure differentiated and innovative.

Is it scalable (Was the example implemented as a single practice, as a daily practice or even rolled out to other areas?)?

Yes, it is scalable, but it was implemented as a single practice so far.

IMPLEMENTATION

What was done and how?

Smart bus shelters powered by wind turbines with smart lighting and innovative interactive screens. The shelters have undergone anti-bacterial treatments and are made from recycled bottles.

RESULTS

What has resulted from the activities?

The resulting space is friendly to all ages.

Is it an on-going activity, or is it completed?

It is an on-going activity that is being implemented in Worcester, UK. The bus shelters constructions began in September 2021.

SOURCE

https://www.intelligenttransport.com/transport-news/128702/smart-bus-shelters-worcester-uk/

PICTURE

Picture 19: Source: www.intelligenttransport.com/transport-news/128702/smart-bus-shelters-worcester-uk

GREEN BUS STOPS

LOCATION, COUNTRY

Siemiatycze, Poland

GENERAL DESCRIPTION

'Living bus stops – Modern ecological solutions' is the name of a small green architecture project implemented in Siemiatycze, a small town in Eastern Poland, in 2017. As part of this project, two bus shelters were built in the city centre, with a modern character and new passenger-friendly functions compared to traditional solutions.

Bus shelters covered with greenery are an innovative way of improving air quality in the city. The plants covering the bus stops filter the air and help to reduce air pollution. They are also a way to regulate air temperature. On hot days, the vegetation provides shelter, giving shade and allowing passengers to relax. Bus stop roofs also collect rainwater, which will make them easier to maintain and reduce operating costs. The green roofs are also expected to attract beneficial pollinating insects. The living bus stops in Siemiatycze also have another function - they provide information about the environment and nature.

KEY FACTS

Who has introduced this measure? When?

The municipality of Siemiatycze.

Is it a private or public measure?

It is a public measure.

What is the context of this example of good practice? Please mention the relevant political, socio-economic, technological and/or geographical aspects.

Siemiatycze was the first municipality in Poland where such bus stops were built. They have a tremendous educational effect as they contain big boards with information about the environment and climate change. These bus stops have made Siemiatycze very famous and have had a huge marketing coverage.

Is it scalable (Was the example implemented as a single practice, as a daily practice or even rolled out to other areas?)?

Yes, it is scalable. Already several other cities have built similar bus stops, and many others are planning to follow suit.

IMPLEMENTATION

What was done and how?

The project to introduce green bus stops into the city space was carried out from March to June 2017.

The bus stops have a very modern structure inspired by solutions used in Scandinavian cities. The core of the construction consists of steel frames with wooden panels and boxes placed on them. The essence of this solution is the vegetation on the structural elements of the bus stops. There are ivies, colourful bushes and flowers. The greenery has been selected in such a way that the plants complement each other and change their appearance with the seasons. At night, the bus stops are illuminated by LED lamps.

To keep the greenery in good condition, basic maintenance tasks such as fertilising, watering and weeding are carried out. If the plants require it, they are pruned to protect them from pests and diseases.

The two bus stops cost PLN 70,000.

RESULTS

What has resulted from the activities?

Siemiatycze is one of the first cities in Poland to have green bus stops. The bus shelters with plants and flowers have become a showcase of the city and an aesthetic enhancement of its urban space. The 'Living bus stops - Modern ecological solutions' project can serve as inspiration for other Polish cities in terms of using green infrastructures for climate protection and adaptation to climate change. It is also a good example of local government involvement in improving the environment and the quality of life of its residents.

Is it an on-going activity, or is it completed?

It is an on-going activity. Construction of more green bus stops in Siematycze and other cities is planned.

SOURCE

https://klimada2.ios.gov.pl/dobra-praktyka/zyjace-przystanki-w-siemiatyczach/

PICTURE

Picture 20: https://klimada2.ios.gov.pl/dobra-praktyka/zyjace-przystanki-w-siemiatyczach/#&gid=1&pid=2

WALKER AND WHEELCHAIR TRAINING

LOCATION, COUNTRY

Hanau, Germany

GENERAL DESCRIPTION

A training for people with wheeled walkers and wheelchairs to practice getting on and off buses, storing walkers safely on board, using safety belts, and practice how to stay safe while a bus breaks hard, etc.

KEY FACTS

Who has introduced this measure? When?

This initiative in Hanau was launched in 2018 within the Erasmus+ Mobility Scouts project by the Senior Citizens Council and was very well received.

Is it a private or public measure?

This is a public offer under the umbrella of the Mobility Working Group of the Senior Citizens Council and the Seniors Office of the City of Hanau.

What is the context of this example of good practice? Please mention the relevant political, socio-economic, technological and/or geographical aspects.

Participants in training on mobility and age-friendly cities recognised the need of older people with mobility problems to use public transport and launched the 'Rollatortaining' initiative. The aim of the training is to make people feel safer when using buses.

Is it scalable (Was the example implemented as a single practice, as a daily practice or even rolled out to other areas?)?

This model initiative became a recurring offer that was accessible in all city districts. Potential participants were made aware of the offer by the Seniors Office through flyers and posters on buses.

IMPLEMENTATION

What was done and how?

Organisation and registration were done by the Seniors Office of the city of Hanau.

A comprehensive safety training course awaited participants. An employee of the transport company explained exactly what to be aware of, for example when getting on a bus or if the driver had already started driving when passengers were not yet seated. It was also possible to practise fastening seat belts with the wheelchair and stowing

the rollator safely. The same applied to the correct behaviour in the event of emergency braking. A representative of the Senior Citizens Council was always present at each training session.

RESULTS

What has resulted from the activities?

Since the Corona pandemic, the offer no longer exists. At the moment, it is not yet certain whether the training will be offered again as the Seniors Council was re-formed in 2021.

Is it an on-going activity, or is it completed?

In principle, it is an on-going initiative.

SOURCE:

https://www.rmv.de/c/en/services/contact/mobility-training/

https://www.hanau.de/mam/vk/2020/06_finale_freigabe_hsb_flyer_rollatorenschulung.pdf

http://www.mobility-scouts.eu/wp-content/uploads/2018/05/Toolkit.pdf

THE 'KOMMUNE INKLUSIV' INITIATIVE & MOBILITY FOR ALL

LOCATION, COUNTRY

Erlangen, Rostock, Schneverdingen, Schwäbisch Gmünd und Verbandsgemeinde Nieder-Olm, Germany

GENERAL DESCRIPTION

With the nationwide initiative 'Kommune Inklusiv' (Inclusive Municipality), the social lottery Aktion Mensch and five model municipalities want to make local societies more inclusive. The goal is to ensure that everybody can participate in cities and municipalities' social life with equal rights and self-determination as a matter of course.

KEY FACTS

Who has introduced this measure? When?

In 2016, the social lottery Aktion Mensch searched for model cities and municipalities in a public call for applications. 129 municipalities applied. Together, the local actors plan projects, measures and instruments to create inclusive societies. They implement solutions together and work to ensure that they have a lasting effect and that success is permanent.

Is it a private or public measure?

Both. Aktion Mensch is the largest private funding organisation in Germany and supports social projects for people with and without disabilities. It cooperates closely with public institutions such as ministries and universities. Participating municipalities are public bodies.

What is the context of this example of good practice? Please mention the relevant political, socio-economic, technological and/or geographical aspects.

Kommune Inklusiv was launched because Aktion Mensch has set itself the goal of implementing inclusion and promoting the participation of its target groups. In their opinion, this is particularly relevant where people live, work and spend their leisure time together. That's why, after discussions with municipal representatives and social work organisations, they rolled out this initiative to make a difference at local level.

Is it scalable? (Was the example implemented as a single practice, as a daily practice or even rolled out to other areas?)

The model project ends in 2023, but the social lottery also supports projects in other cities within the framework of further calls for proposals.

IMPLEMENTATION

What was done and how?

The model municipalities carried out different projects. In the model municipality of Erlangen, for example, the loneliness working group and a smartphone and tablet course for senior citizens with hearing impairment were created.

In all model municipalities, the projects were carried out by building heterogeneous networks together with the local actors. Participation and empowerment of all actors play a major role in this work.

The social lottery supports the work at local level not only financially but also with training courses, process support and opportunities to exchange ideas with other municipalities.

RESULTS

What has resulted from the activities?

Other cities and municipalities can benefit from the findings of the model municipalities. For example, the experiences from the Kommune Inklusiv Initiative are incorporated into the manual for practical implementation of inclusive municipalities (available in German): https://www.aktion-mensch.de/kommune-inklusiv/praxis-handbuch-inklusion

One of the outcomes is the checklist of what aspects of mobility should be considered in inclusive cities (people with mobility issues, disabilities, and small children):

In an inclusive municipality, mobility looks like this:

- Footpaths and cycle paths are sufficiently wide and safe. They have lower kerbs, a guidance system for blind people, and are in good condition. They are free of parked cars, construction sites or rubbish bins. People with baby carriages, wheelchairs, walkers or on tricycles can get through everywhere without any problems.
- Bus and train stops are barrier-free: timetables, arrival times and delays are displayed on large information boards. There are also loudspeaker announcements, and easy-to-use mobile phone apps provide additional support.
- Everybody can get on buses and trains without any problems: doors are wide and boarding is possible at kerb height.
- There is someone to support anyone who needs an escort on their way.
- Suitably sized trams and buses are reliable and run at least twice every hour, even in the countryside and at weekends. Wherever trains and large scheduled buses do not go because it is not economically viable, smaller vehicles are in use: electric minibuses, including autonomous ones, drive to outlying places.
- In cities, small autonomous electric vehicles are available and are used as taxis.
- Public transport is supplemented by other environmentally friendly means of transport such as car-sharing or rental bicycles. They are available at public stations in the city and also in the countryside.
- There are enough parking spaces for people with disabilities and for families with small children. Other drivers are careful and leave spaces free. Everybody can park their cars and bikes in visible and well-lit places." (Aktion Mensch: 10 Ideen für eine inklusive Stadt)

As a model project for an inclusive society, Kommune Inklusiv has been scientifically accompanied by researchers from the Universities of Frankfurt/Main and Marburg who are evaluating the impact of the initiatives.

Is it an on-going activity, or is it completed?

Aktion Mensch will support the model municipalities of Erlangen, Rostock, Schneverdingen, Schwäbisch Gmünd and Verbandsgemeinde Nieder-Olm until the end of June 2023.

SOURCES

https://www.aktion-mensch.de/kommune-inklusiv

Brochure on the scientific monitoring (in German language): https://delivery-aktion-mensch.stylelabs.cloud/api/public/content/wissenschaftliche-begleitung-kommune-inklusiv.pdf?v=336ace18

Scientific accompaniment: https://www.aktion-mensch.de/kommune-inklusiv/initiative-kommune-inklusiv/wissenschaftliche-begleitung

Aktion Mensch: 10 Ideen für eine inklusive Stadt (in German language): https://www.aktion-mensch.de/kommune-inklusiv/praxis-handbuch-inklusion/verstetigung/vision-inklusive-stadt/entwuerfe-visionen

HEALTH AND SOCIAL CENTRES

Health and social centres

According to the 15-minute city framework, every inhabitant should have the opportunity to have his primary health care needs met within a fifteen-minute reach, either on foot or on bike. In other words, access to primary health care should be provided in each neighbourhood. There is widespread recognition that primary health care is the 'front door' of health systems and provides the foundation for strengthening essential public health functions to deal with crises such as COVID-19.

Social centres are becoming increasingly important in inclusive cities. Spaces where inhabitants can meet and socialise are being created more and more often. A very good example are libraries which have evolved from quiet places of reading to vibrant places of communal interaction and exchange.

Here you will find some interesting examples of health and social solutions:

- Irish Men's Sheds Association, over 400 locations nationwide, Ireland (Denis, Joao)
- Buddy Network Foundation, the Netherlands (Stichting Buddynetwerk) (all characters)
- A friendly library to welcome single fathers (all characters)
- Family boardgame activating people with dementia and integrating family, Poland (Ewa, Waldemar and his daughter, Peter)
- Movies for people with dementia, Germany (Ewa)

IRISH MEN'S SHEDS ASSOCIATION

LOCATION, COUNTRY

Over 400 Locations Nationwide, Ireland

GENERAL DESCRIPTION

Men's Sheds offer a holistic non-clinical resource to support positive physical, mental, social and spiritual health. The Association engages with local men in a welcoming, supportive, purposeful manner. Men's Sheds are informal environments that are unique in their communities. Some host social gatherings, others offer sports programmes, others offer the opportunity to develop a new skill e.g., building a boat, holding photography and art classes, teaching digital skills, learning to repair furniture or do metalwork and woodwork, organising walking groups, etc.

KEY FACTS

Who has introduced this measure? When?

The Men's Sheds began as a pilot project in 2009. A Nationwide Association, Irish Men's Shed Association, was formed two years later following the success and rapid expansion of the project. This Association was inspired by an existing Men's Sheds programme that was already successful in Australia. Its Irish President, Michael D. Higgins, has been a patron of the Irish Men's Shed Association since 2013. In 2018 the Association received a European Citizen's Award. In 2019/2020 it was selected as one of twelve Sustainable Development Goals Champions for the Irish Government.

Is it a private or public measure?

This is a non-profit organisation that operates and engages volunteers at local level. The national organisation is funded by the Government of Ireland through the Department of Rural and Community Development.

What is the context of this example of good practice? Please mention the relevant political, socio-economic, technological and/or geographical aspects.

Men's Sheds "strive for a future in which all men have the opportunity to maintain and improve their well-being on their own terms and within their own communities." The project is available in multiple communities around the country (over 400). People can be socially prescribed to join their local Men's Shed or they can choose to join if it appeals to them. Every Men's Shed is unique with a broad variety of projects being offered within the Shed itself. The activities on offer are designed to encourage engagement, friendship, combat isolation and loneliness amongst other social benefits. Some Men's Sheds offer physical activities, healthy cooking, or similar activities aimed at improving health and wellbeing. A number of reports on men's health and wellbeing highlight the benefits of Men's Sheds. Sheds for Life is a project that is supported by the HSE (Health Services Executive) Health Ireland Framework and Health Ireland Men 2017-2019 National Men's Health Action Plan. It "is an innovative approach which responds to the increasing call for gender-specific health promotion programmes that target lifestyle and health behaviour change in men." (https://menssheds.ie/information-for-health-professionals/)

Is it scalable? (Was the example implemented as a single practice, as a daily practice or even rolled out to other areas?)

What began as a pilot project in Tipperary, Ireland, has now grown to over 360 Men's Sheds in the Republic of Ireland and over 450 Men's Sheds on the island of Ireland with over 12,000 men visiting on a weekly basis. This was a project replicated from best practice in Australia and has the potential to be adopted in other countries too.

IMPLEMENTATION

What was done and how?

The National Irish Men's Sheds Association represents and supports local Men's Sheds and Volunteers. They do this by offering guidance documents, resources and information, sharing news, developing partnerships and providing general support. If a community would like to organise a Men's Shed, it can contact the National Association that will offer guidance and resources on what is needed to set it up including the documentation required by law (e.g., they have a sample Constitution, etc.). The National Association has a support team offering resources and help on how to operate a Shed, how to chair meetings, how to get insurance for the Shed, etc. (see https://menssheds.ie/setting-up-a-shed/). Through national social media channels and a national website, the various Men's Sheds are connected with each other and can exchange information.

RESULTS

What has resulted from the activities?

There have been various health improvements for the men on different levels, physically as well as psychologically. Moreover, the general knowledge about different health topics has expanded.

Is it an on-going activity, or is it completed?

This is an on-going project in multiple locations. The activities on offer in Men's Sheds are very diverse. However, at times Men' Sheds from more than one location or within a region offer group activities that broadens engagement beyond one's local Men's Shed.

SOURCES

https://menssheds.ie/

https://www.facebook.com/irishmensshedsassociation

https://menssheds.ie/wp-content/uploads/2021/06/Sheds-for-Life-impact-report-june-21.pdf

https://youtu.be/znE2iopfJAU

https://youtu.be/oHnPrrtyY-0

https://menssheds.ie/covid-guidelines/?fbclid=IwAR1XPTMxlA4W-qlR8i1dlYS0Mrerjo_hq5FZVltk3hQbYgVfgIgaZ26c2u4

https://menssheds.ie/information-for-health-professionals/

https://menssheds.ie/setting-up-a-shed/

https://www.facebook.com/245895395916071/photos/a.246459842526293/1309217666250500/

https://youtu.be/-ety268zRIQ

https://youtu.be/R3la_cXRVzs

The full report on the results is available here https://menssheds.ie/wp-content/uploads/2021/06/Sheds-for-Life-impact-report-june-21.pdf

For the launch webinar see: https://youtu.be/znE2iopfJAU

BUDDY NETWORK FOUNDATION (STICHTING BUDDYNETWERK)

LOCATION

The Netherlands

GENERAL DESCRIPTION

The Buddy Network foundation matches volunteers (Buddies) with adults or young people aged between 5 and 18 with a chronic and/or life-threatening disease, adults affected by dementia or feel lonely, or have a very small social network or are visually impaired. Buddies are Dutch citizens who volunteer to support and help these people on a mainly one-to-one basis. Buddies offer a listening ear, earnest engagement and time and attention to both everyday and more special worries. The aim of the Network is to offer informal care.

KEY FACTS

Who has introduced this measure? When?

Buddies are matched with people by the Buddy Network Foundation, a professional volunteers organisation founded in 1988.

Is it a private or public measure?

A Foundation supported by different funds.

What is the context of this example of good practice? Please mention the relevant political, socio-economic, technological and/or geographical aspects.

An increasing number of older people are expected to age in place. In the Netherlands, many residential care homes have been phased out in recent years, creating a gap between ageing in place and institutional care. Most older people, particularly those who live independently, are not in need of continuous care and support. However, ageing in place may lead to extreme isolation.

Is it scalable? (Was the example implemented as a single practice, as a daily practice or even rolled out to other areas?)

The Buddy Network Foundation works in different cities. In the Netherlands, there are several different buddy projects.

IMPLEMENTATION

What was done and how?

The Buddy Network Foundation matches volunteers (Buddies) with both adults or young people aged between 5 and 18 with a chronic and/or life-threatening disease, adults who suffer from dementia or feel lonely, or have a very small social network or are visually impaired. The Foundation trains and guides the volunteers during the process. Volunteers commit for at least one year and between two and four hours every two weeks.

RESULTS

What has resulted from the activities?

The aim is personal contact to pay particular attention to what - at that moment - is important to the client. As well as this focus on perceptions concerning an illness or loneliness for example, there is the opportunity to undertake shared activities, thus strengthening and broadening client's social network and social engagement.

Is it an on-going activity, or is it completed?

This is an on-going project.

SOURCE

https://www.buddynetwerk.nl/

A FRIENDLY LIBRARY TO WELCOME SINGLE FATHERS

LOCATION, COUNTRY

Aarhus, Denmark

GENERAL DESCRIPTION

Often, parents want to socialise or look for pleasant places to see art, meet people or read a book. Libraries are spaces where they can find this kind of things. In the meantime, these places need to be adapted as babies might be taken there. A space to leave a pushchair or a peaceful area if a baby starts crying is important.

The library at Dokk1 is a centre for knowledge and culture which disseminates and makes a variety of media come alive across genres and formats. The library is the citizens' house. Dokk1 has numerous facilities for social activities, association activities, and networking. With its project rooms, study cells, media, café, teaching rooms, halls, activities, and multi-functional spaces, and last but not least its many informal open areas, the building is a flexible and dynamic sanctuary for everyone in search of knowledge, inspiration, and personal development, i.e., an open and accessible learning environment promoting democracy and a sense of community.

At every phase of the development of Dokk1, accessibility has been given high priority. This applies to physical accessibility, interior design, furnishings, and fittings, and not least the use of new technology. For this reason, there is no problem going there with a pushchair.

This library offers some recurring events for children and families. One of them is the Dad's Playgroup, a place where fathers and their 0–3-year-olds can meet and be inspired for new ideas on activities. The library offers different activities for babies and children, with special places for parents to stay and play with them without disturbing other people.

Another difference is that the construction of the building and its services came after public consultation with the population by recognising their needs and desires.

KEY FACTS

Who has introduced this measure? When?

Aarhus municipality, 2015.

Is it a private or public measure?

A public measure.

What is the context of this example of good practice? Please mention the relevant political, socio-economic, technological and/or geographical aspects.

The idea of creating this space was inspired by the good practices of building healthy and friendly environments for all ages. The library is a large space with numerous services and is truly open to everyone in the community. All design principles and solutions have therefore been developed with the objective of free and equal access for everybody.

It was created to be an urban space of exchange and sharing of knowledge. Dokk1 provides space for contemplation and knowledge. It is an attractive, intelligent, and interactive building which supports the desire to learn and experience.

Is it scalable? (Was the example implemented as a single practice, as a daily practice or even rolled out to other areas?)

Yes, the idea behind it is scalable. A huge investment in Aarhus Library was made. The service offered, which is a day for single fathers to share experiences and activities to do with their children, is the main focus of this good practice. However, other points are very important, as listening to people, knowing their needs, and implementing solutions when possible is a good practice for other similar social centres. It is not by chance that a place for single fathers to share experiences and play with their kids was created.

IMPLEMENTATION

What was done and how?

A friendly environment for all ages, where pushchairs can be easily manoeuvred and space to park them. Services meeting the population's needs including a day when single fathers can meet and share experiences and activities with their children.

RESULTS

What has resulted from the activities?

The resulting is a space friendly to all ages.

When? Is it an on-going activity, or is it completed?

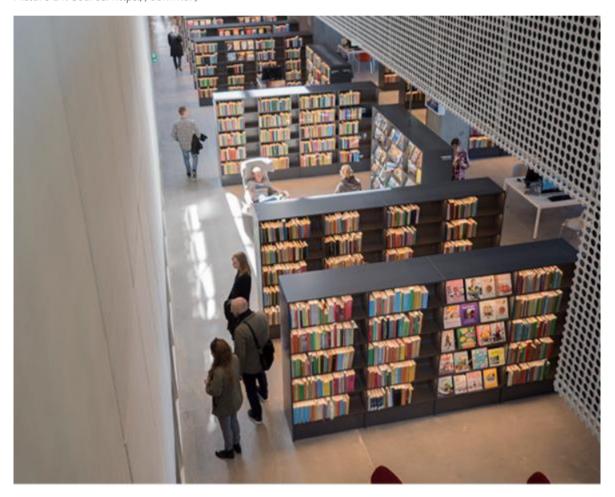It is an on-going activity that was implemented in Aarhus, Dokk 1 Library.

SOURCE

https://dokk1.dk/

PICTURES

Picture 21: Source: https://dokk1.dk/

Picture 22: Source: https://dokk1.dk/

Picture 23: Source: https://dokk1.dk/

FAMILY BOARDGAME ACTIVATING PEOPLE WITH DEMENTIA AND INTEGRATING FAMILY

LOCATION, COUNTRY

Poland

GENERAL DESCRIPTION

'Wrota pamięci' is a family boardgame created by a psychologist and the founder of a private Daycare House for people with neurodegenerative disorders.

The aim of the game is to activate the person suffering from dementia and integrate the family around the dependent individual. The game helps to strengthen relationships within the family by spending spare time together, getting to know the possibilities and limitations of the person with dementia and improving communication skills in the family. It supports the creation of an atmosphere of safety and trust between caregivers and caretakers. It can be a tool to slow down the disease processes and support the diagnostic process. It has a therapeutic role as it stimulates the cognitive functions of the individual with dementia: from social functions, language functions, abstract thinking, general knowledge, memory, to orientation, concentration, and attention.

KEY FACTS

Who has introduced this measure? When?

'Wrota pamięci' was created by Dr. Joanna Szczuka, a psychologist, and Marzena Wójcicka, founder of the first private Daycare House for people with neurodegenerative disorders in Poland.

The boardgame was created by people privately and professionally associated with individuals experiencing neurodegenerative diseases and their families.

Is it a private or public measure?

A private initiative realised with the help of EU funds.

What is the context of this example of good practice? Please mention the relevant political, socio-economic, technological and/or geographical aspects.

The game serves people suffering from neurodegenerative diseases (conditions after a stroke, Alzheimer's disease, vascular dementia, and others) as well as their families and caregivers. It can also be successfully used in families affected by other diseases or not dealing with any disease at all.

The game is a response to the needs described by people experiencing dementia in their families and looking for valuable tools to spend time at home with them. It is also the outcome of the vision of a tool that perfectly supports a facility that provides day-to-day assistance to people with neurodegenerative diseases, as well as a tool supporting specialists in diagnosing people with dementia.

Is it scalable? (Was the example implemented as a single practice, as a daily practice or even rolled out to other areas?)

The boardgame was created in Polish but can be easily translated into other languages.

IMPLEMENTATION (WHAT WAS DONE AND HOW?)

The boardgame is available to buy (in Polish) from the following website: wrotopamieci.pl

RESULTS

Opinions of people who played the game indicated the creation of a good atmosphere, opportunities to get to know the players better, and support of thinking processes.

Is it an on-going activity, or is it completed?

It can be a recurring activity.

SOURCES

https://wrotapamieci.pl/wrota-pamieci-pelen-opis/

PICTURE

Picture 24: © Marzena Wójcicka

MOVIES FOR PEOPLE WITH DEMENTIA

LOCATION, COUNTRY

Germany

GENERAL DESCRIPTION

The materials offered by ILSES WEITE WELT directly address the emotional lives of people with dementia. For example, 'A Day at the Animal Park' is a film that invites people on a visual and auditory journey of discovery, and awakens memories of laughing children and soft fur - for shared moments of happiness and togetherness at eye level.

KEY FACTS

Who has introduced this measure? When?

This initiative was launched in 2010 by Sophie Rosentreter, a well-known German media personality who became a 'dementia ambassador'. After caring for her grandmother who was suffering from dementia, she now wants to share her experiences and knowledge of caring for a demented person with others.

Is it a private or public measure?

The production company and the publishing house through which the products are distributed are private organisations.

What is the context of this example of good practice? Please mention the relevant political, socio-economic, technological and/or geographical aspects.

According to the German Association for Dementia (Deutsche Alzheimergesellschaft e.V.), around 1,6 million people in Germany are affected by dementia. Therefore, there is a need to provide formal and informal carers, relatives and the people with dementia themselves with information and materials in order to approach and treat the disease in the best possible way. The production company ILSES WEITE WELT provides such learning materials through a special, emotional and holistic approach.

Is it scalable? (Was the example implemented as a single practice, as a daily practice or even rolled out to other areas?)

There is now a wide range of films and accompanying photo cards, but also other materials and advisory materials for family carers. The films are also available in an online video library.

IMPLEMENTATION

What was done and how?

The learning materials provided by ILSES WEITE WELT consist of different movies, cards and books about dementia and cover a wide range of different approaches and topics. Through the movies and pictures that are provided by ILSES WEITE WELT, different feelings and emotions are being stimulated thus activating memories of people with dementia and facilitating conversations.

RESULTS

What has resulted from the activities?

The initiative was launched for people with dementia and their caregivers, and has already received several awards. Many of the materials, such as films and accompanying photo cards, work without the use of language and can therefore be used in an international context. The films are tailored to the needs of people with dementia and are accompanied by classical music.

Is it an on-going activity, or is it completed?

There is no publicly available information about planned/on-going production projects, but the founder of the initiative, Sophie Rosentreter, is still very committed to thi issue and works as a consultant and publishes open-source videos on various care topics for the German health insurance company 'DAK'.

SOURCES

Deutsche Alzheimergesellschaft: https://www.deutsche-alzheimer.de/fileadmin/Alz/pdf/factsheets/infoblatt1_haeufigkeit_demenzerkrankungen_dalzg.pdf

https://ilsesweitewelt.de/produkte

https://www.sophierosentreter.de/videos

https://www.deutsche-alzheimer.de/fileadmin/Alz/pdf/factsheets/infoblatt1_haeufigkeit_demenzerkrankungen_dalzg.pdf

Further information: https://www.sophierosentreter.de/videos

List of pictures:

BIG

Building Inclusive environments for all Generations