



National Aged Care Design Principles and Guidelines

Factsheet for older people, their families and carers

The National Aged Care Design Principles and Guidelines help improve quality of life for older people living in residential aged care.

What does this mean for older people in residential aged care?

The Principles and Guidelines will support older people living in aged care homes by encouraging aged care providers and design experts to create more home-like environments. Older people, especially those living with dementia, will benefit from well-designed accommodation that creates a sense of home, provides access to the outdoors and ensures connection with the community.

The Principles and Guidelines will help to create environments that:

- maintain a person's health and wellbeing
- support a sense of identity, dignity and belonging
- help people to stay independent as they age.

We encourage people to familiarise themselves with this resource to learn more about what good design looks like in aged care.

How are the Principles and Guidelines structured?

The Principles and Guidelines are presented in an easy-to-read format with 'before' and 'after' illustrations, scenarios and practical checklists.

There are four main principles, supported by a series of guidelines:

- 1. Enable the Person – Help people live in a place that looks after their health, wellbeing and sense of identity.**
 - Thoughtful design can reduce the impact of changing mobility, cognition, continence and frailty that residents may experience.
- 2. Cultivate a Home – Create a familiar space where people have privacy, control and feel they belong.**
 - Evidence shows that small household models can reduce agitation, pacing and exit-seeking behaviours and improve social interaction, eating and infection control.
- 3. Access the Outdoors – Support people seeing and spending time outdoors in nature.**
 - Accessing the outdoors is linked with a range of health, psychological and social benefits, which have a positive impact that is hard to achieve in other ways.
- 4. Connect with Community – Encourage people to connect with family, friends and community and to stay involved in meaningful activities.**
 - Many people in aged care homes are at risk of social isolation and exclusion. Creating opportunities for residents to connect with each other and with family, friends and the broader community is important for wellbeing.

Where can I find more information?

If you would like to read more about the project on what makes good design, visit health.gov.au and search 'improving accommodation'.

If you would like more information about the process to move into an aged care home and what to expect when you are there, visit myagedcare.gov.au and search 'aged care homes' or call the My Aged Care team on 1800 200 422.

Scan the QR code to view the full set of the Principles and Guidelines.



Let's change aged care together

We invite Australians to continue to have their say about the aged care reforms.

Visit agedcareengagement.health.gov.au



Phone **1800 318 209** (Aged care reform free-call phone line)



For translating and interpreting services, call 131 450 and ask for 1800 318 209.

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