



Australian Government

Department of Health, Disability and Ageing

Principle 3 - Access the Outdoors
National Aged Care Design Principles and Guidelines



Australian Government

Department of Health, Disability and Ageing

Principle 3 - Access The Outdoors: National Aged Care Design and Guidelines

Webinar Series: Home Matters - Rethinking Aged Care Design



Acknowledgment of Country

The Department of Health, Disability and Ageing and Dementia Training Australia would like to show our respect and acknowledge the traditional custodians of these lands. We extend this respect to Elders past and present, and to all Aboriginal and Torres Strait Islander people here today.



Artist: Brittney Angus

Housekeeping



Q&A



Participant
Audio/Video



Copy of Slides

Overview of Today's Session

- Supporting people seeing, accessing and spending time outdoors
- Barriers for older people accessing the outdoors
- What well-designed outdoor spaces looks like.



Host



Nick Seemann
Environments Specialist

Speakers



Dennis Frost
Dementia Champion



Debbie Carroll
Step Change Design



Nathan Clausen
Arcadia Landscape
Architecture

National Aged Care Design Principles and Guidelines

and how they can help improve residents' lives





Principle 1 - Enable the Person

To support people living in a place that maintains their health, wellbeing and sense of identity.

Principle 2 - Cultivate a Home

To create a familiar environment in which people have privacy, control and feel they belong.

Principle 3 - Access the Outdoors

To support people seeing, accessing and spending time outdoors in contact with nature.

Principle 4 - Connect with Community

To encourage people to connect with family, friends and community, continuing to participate in meaningful activities.

National Aged Care Design Principles and Guidelines. Commonwealth of Australia, Department of Health Disability & Ageing 2024.

Principle 3 Guidelines



3.1 Dedicated
Outdoors



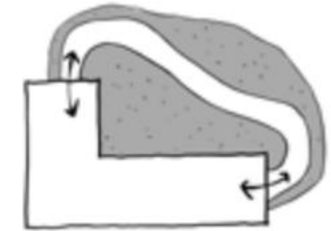
3.2 Garden
Connections



3.3 Garden
Verandahs



3.4 Garden
Destinations

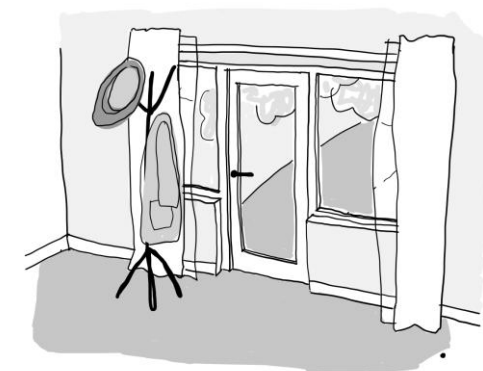


3.5 Clear
Paths

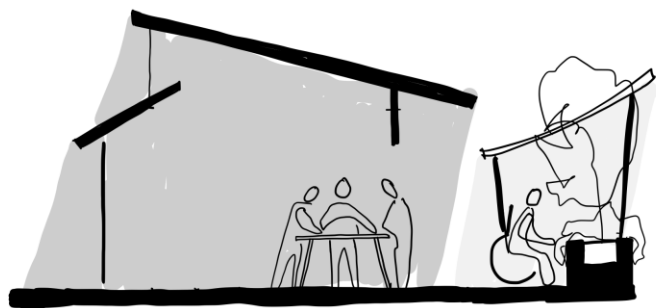


Guideline 3.1 – Dedicated Outdoors



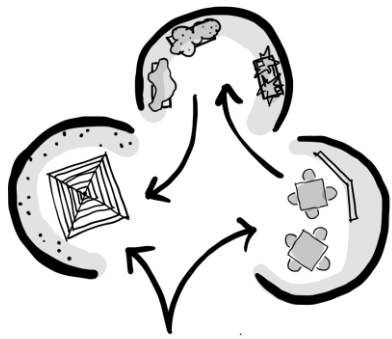


Guideline 3.2 - Garden Connections



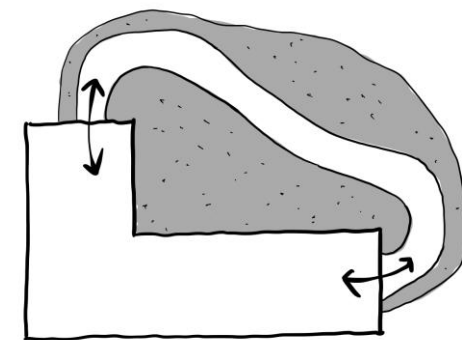
Guideline 3.3 - Garden Verandahs





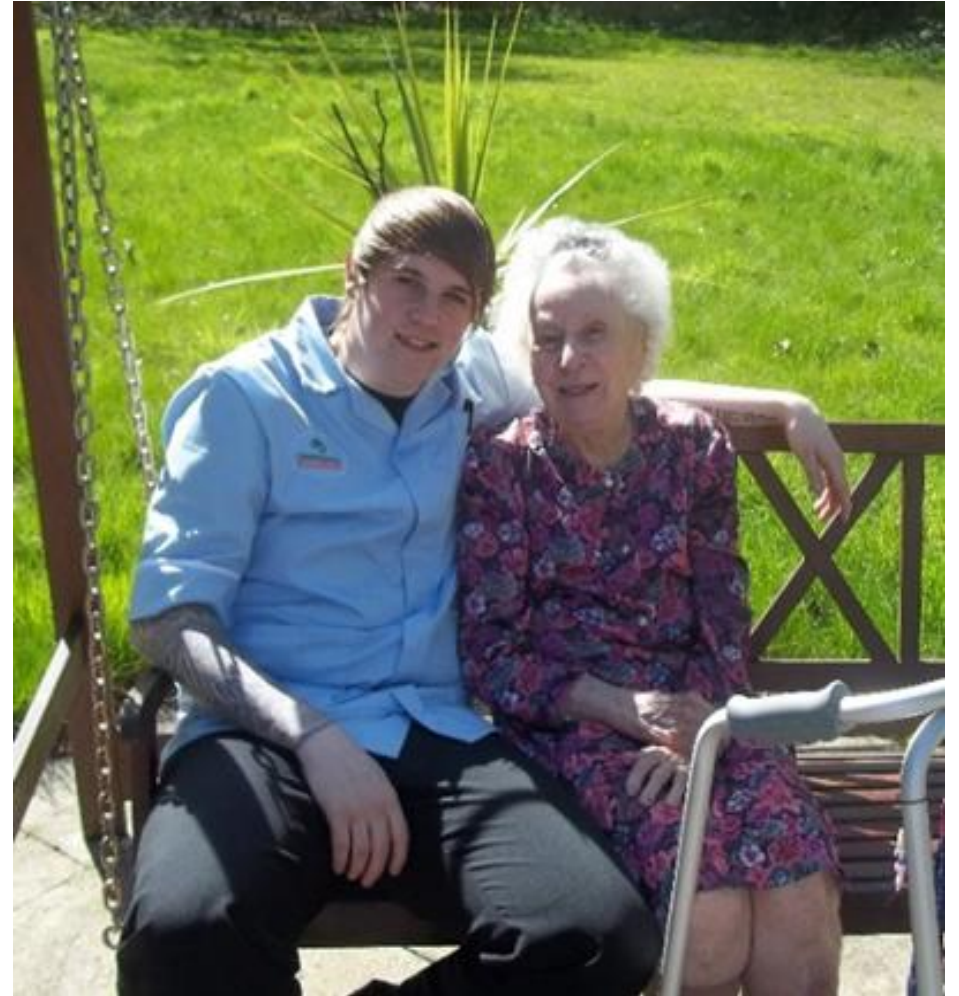
Guideline 3.4 - Garden Destinations





Guideline 3.5 - Clear Paths

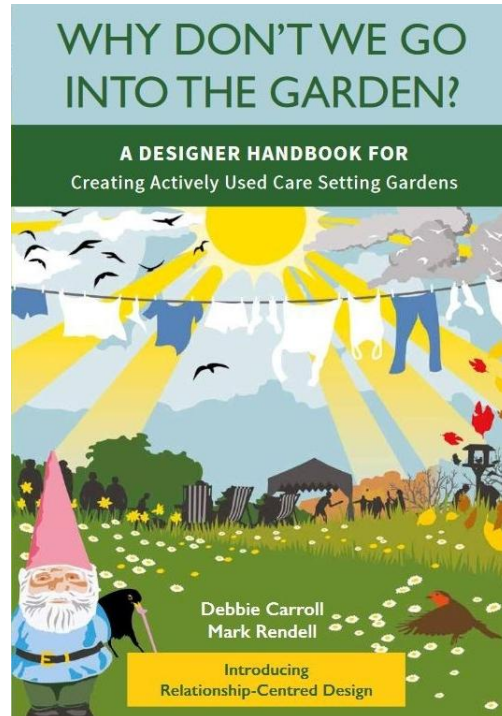




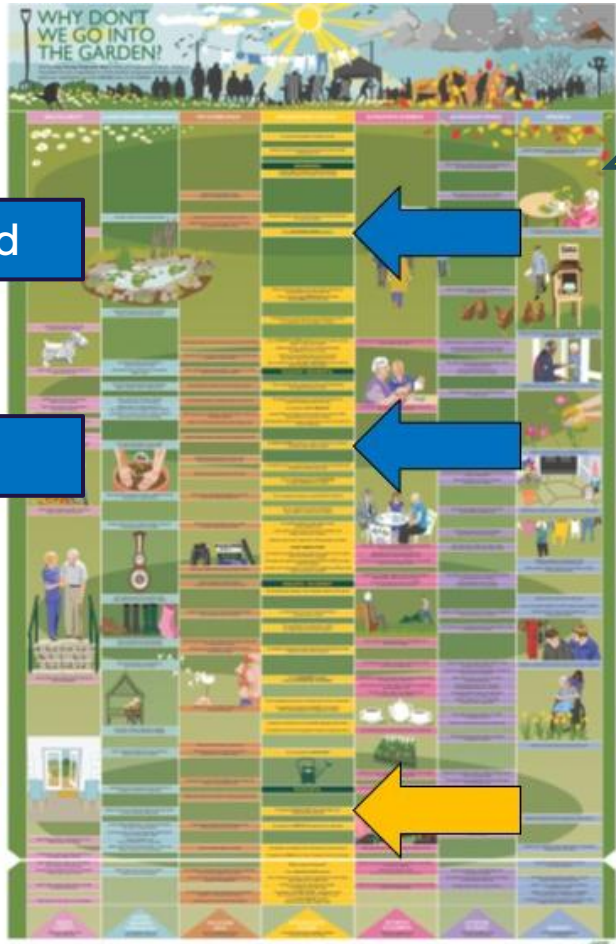
step *change*
drawing you outside
Design Ltd.

'Why Don't We Go Into the Garden?'

What We Found Out... Our Key Findings



1. There is a correlation between advanced care culture practices, person-centred, and truly active engagement outside, regardless of the condition, appearance or design of the space and time of year
2. Fearful attitudes to Health & Safety effectively 'cap' interactions with the outside space
3. Design support must match the current care culture position of the care setting



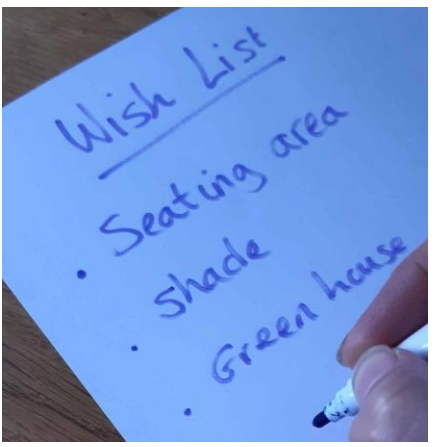
Relationship-Centred

Person-Centred

Task Orientated

step *change* Design Ltd.
drawing you outside

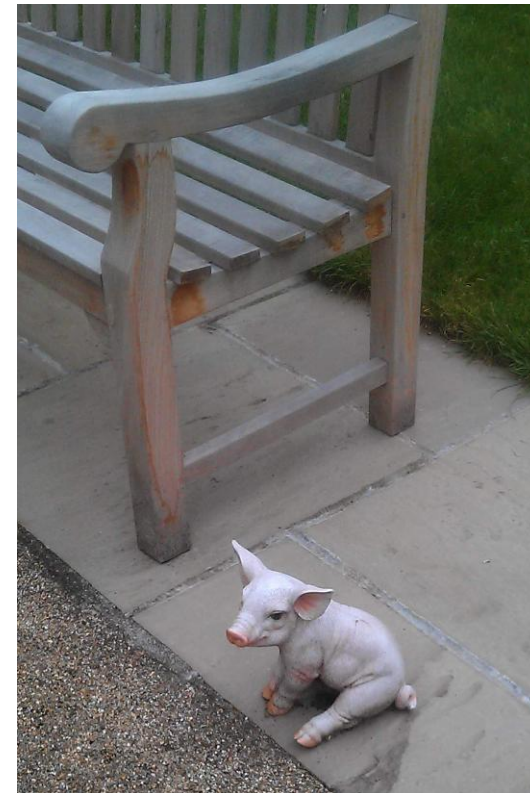
Culture Change Journey



Copyright Step Change Design Ltd.
Reference: Carroll D & Randell M (2016), The Care Culture Map & Handbook

The Anti-Gimmick Checklist..

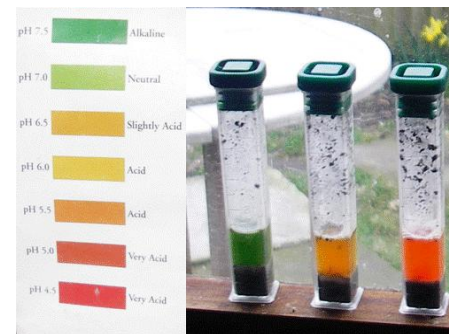
- Purposeful
- Realistic / In Context
- Relevant / Meaningful
- Sequencing



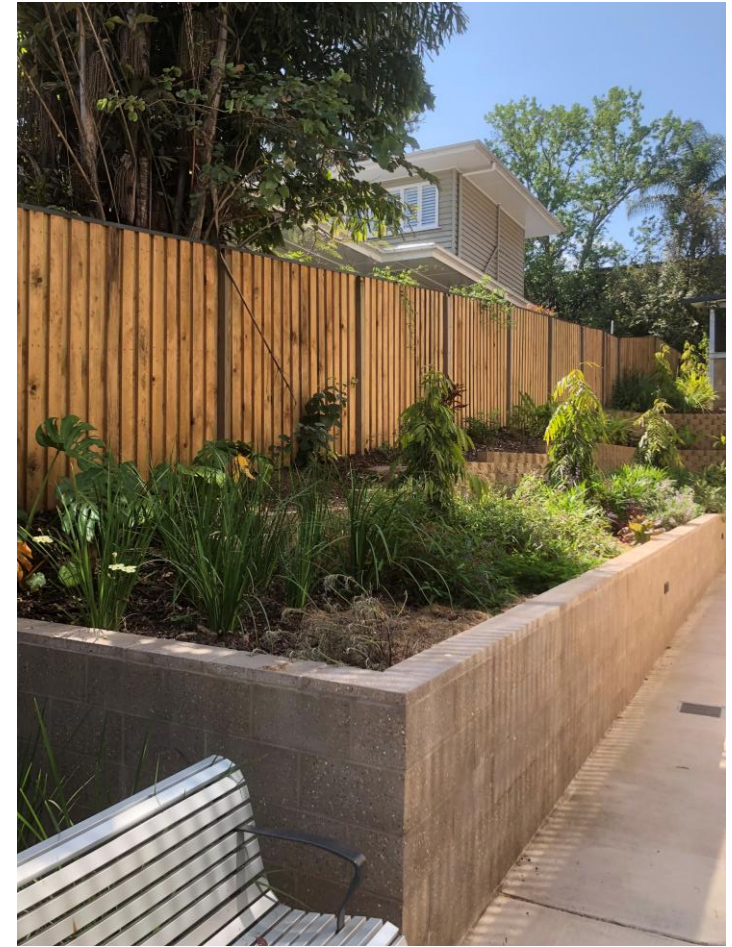
(Ref: Carroll D & Rendell M (2016), The Care Culture Map & handbook)

Relationship-Centred Design

- Our support needs to match current care culture position
- The care setting is the expert
- Smaller interventions, over time
- The outside space must remain flexible
- Some design & non-drawing interventions may be required











Care Home Assessment Tool (CHAT)



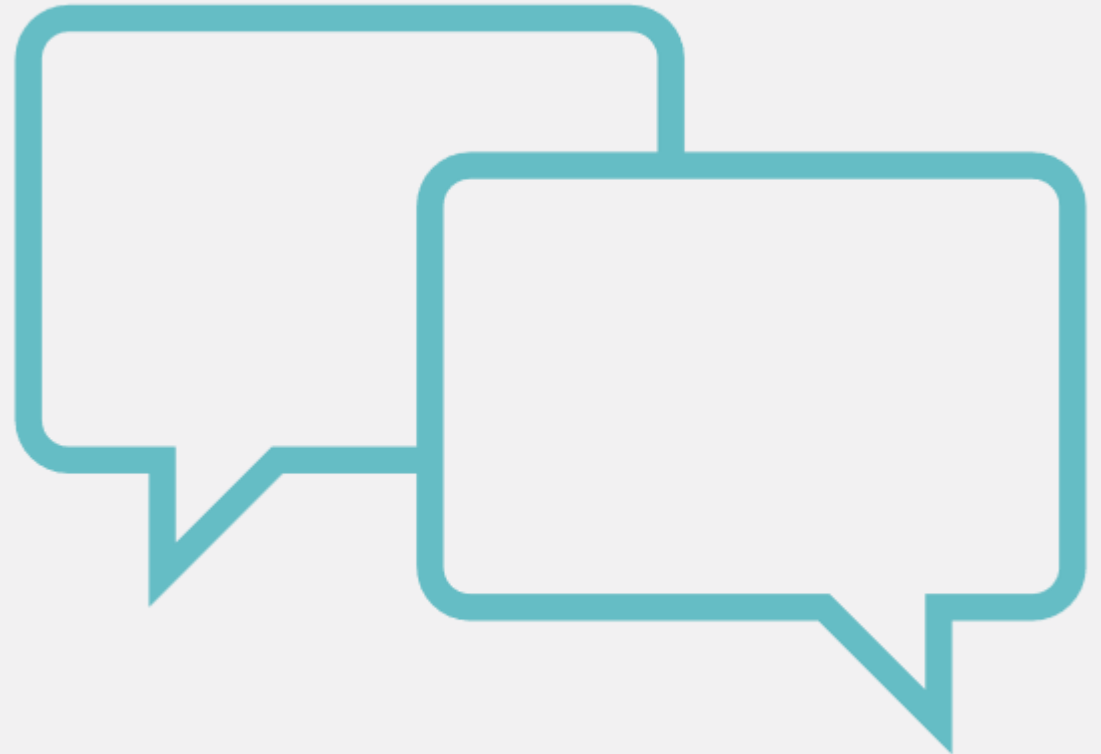
- **What Does It Do?**
 - Guides you through the 4 Design Principles
 - Assesses how well your care home meets each Guideline
 - Identifies strengths and areas for improvement
 - Provides a holistic site report (by unit/wing/household)

<https://dta.com.au/care-home-assessment-tool-chat/>

Environments Hub



Q&A Discussion





health.gov.au/aged-care-reforms



Phone **1800 200 422**
(My Aged Care's free call phone line)