

**6 - CIRCULATION****The person**

Activity:		
Name:		
Date:		
<i>Is this activity beneficial to this person? Answer questions only if they are relevant. Mark with a tick for YES, cross for NO</i>		√ X
<b>PERSON WITH DEMENTIA</b>		
Character & personality	Does the person like to explore their environment?	
	Are they generally inquisitive?	
	Are they interested in what people are doing?	
	Are they often on the move?	
	Is the person easily bored when sitting still or doing nothing?	
Interests & activities	Do they enjoy walking and moving about?	
	Do they have a hard time sitting still for very long?	
	Do they enjoy looking outside?	
	Do they enjoy going outside?	
	Do they frequently move into and out of rooms and spaces?	
	Do they move or would like to move between buildings?	
Privacy & control	Can the person choose where to go and when?	
	Can the person choose who to spend time with?	
	Is the person free to enter or leave a room or a space?	
	Can the person indicate a preference to be alone or to socialise?	
Psychological & emotional	Are they free from stress or anxiety?	
	Are they not suffering from depression?	
	Are they free from boredom?	
Physical & medical	Is the person able to stay awake, aware and engaged?	
	Are they physically comfortable at the moment?	
	Are they free from pain?	
	Are medications regularly reviewed to insure they are not over-prescribed?	
	Are they begin treated for conditions that limit movement such as arthritis?	
	Do they see a chiropodist regularly if needed?	
Accessibility & mobility	Do they enjoy going outside?	
	Do they enjoy going for a walk away from their home?	
	Are they physically mobile (not bed-bound)?	

	When moving about are they physically comfortable and free from pain?	
	Do they have support if required (wheelchair, walking frame, etc.)?	
	Is their balance adequate to move about a room or go outside?	
	If they have equilibrium problems have their ears been checked?	
	Is support available (handrails, robust furniture)?	
	Can the person access dance, movement or exercise classes?	
Sensory		
	<i>Sight</i> Can they make out facial features of a person sitting nearby?	
	Is their sight good enough to find their way around safely?	
	Can they see normal signage such as names/numbers on doors?	
	If they require glasses can these be provided?	
	If they use glasses, are these on and clean?	
	<i>Hearing</i> Can they hear traffic adequately to walk safely near a road?	
	Could they hear a person calling them from a distance?	
	Can they hear normal levels of conversation across a room?	
	Is their hearing adequate to hear another person within arm's length?	
	Is their hearing tested regularly?	
	If they use a hearing aid, is it clean and properly adjusted?	
	Is support for sensory impairment available if needed?	
	<i>Touch</i> Can they feel objects like knobs and door handles?	
	If not are tactile cues given (change of surface) along routes?	
Cognitive & intuitive	Do they know the route to a responsible neighbour's house?	
	Do they know which bus brings them back home?	
	Can they find their own way home?	
	Is there a system in place to enable this person to walk around freely without getting lost?	
	<i>How well supported is the person by other people? Answer questions only if they are relevant. Mark with a tick for YES, cross for NO</i>	
<b>CARE, SUPPORT &amp; CULTURE</b>		
Caregivers	Does the person take walks outside?	
	Does the person take walks to the shops/post office/park?	
	Are activities such as a short walk or sitting outside encouraged?	
	Are people offered a personalised walking program?	
	Can they participate in a dog walking program?	
	Is taking a walk outside something that occurs daily?	
	Is the person ever taken to visit a local park or garden centre?	
	Is the person's need to walk about supported?	
	Is the person encouraged to walk and move about inside the home?	
	Is the person encouraged to walk and move about outside the home?	
	Is the person appropriately dressed for the heat or cold outside?	

	Is movement, stretching, dancing or tai chi encouraged?	
Friends & family	Does the person have friends and family nearby?	
	Does the person regularly go to visit people?	
	Does the person know the route to use for such visits?	
	Do friends or family take them outside for a walk?	
	Do friends or family take them out for a drive in the car?	
Neighbours	Do they have any next door neighbours?	
	Do they have a 'talking-over-the-fence' relationship with them?	
Culture	Is it expected that a person will go outdoors every day?	
	Does the culture see walking about as healthy and productive?	
Care home	Is freedom to circulate about the home written into the care plan?	
	Does the care plan include participation in outdoor activities?	
	Does the care plan include an exercise programme?	
	<i>Is something known about these circulation-related factors:</i>	
	Where they lived and what the area was like?	
	Information about their local area, neighbourhood or village?	
	Their favourite pub or place to walk to?	
	If the family went walking?	
	What they did on weekends during their working life?	
	<b>Total potential <i>person</i> barriers to circulation</b>	

**6 - CIRCULATION****The place**

<i>Does the place support this activity? Answer questions only if they are relevant. Mark with a tick for YES, cross for NO</i>		√ X
<b>SPACE PROVISION</b>		
Is there an unobstructed walking route throughout the home?		
Does the route allow two pairs of people walking arm in arm to pass in opposite directions?		
Does the route flow both inside and outside the building?		
Are there no dead ends or wrong turns?		
Are there a series of places to sit?		
Are there seating areas at the entrances to the home?		
Is there a porch, veranda, patio or balcony attached to the building?		
Does it have seating?		
Is it directly accessible from interior areas where the person spends time?		
Are there seating areas along the route outside?		
<b>PERSONALISATION &amp; PRIVACY</b>		
Is there an outdoor seating area visible from an inside room the person uses?		
Is there a relaxed flow of movement by people throughout the home?		
Is there a hierarchy of public to private spaces in the home, starting at the front door?		
Are doors to the outside unlocked daily, propped open or opened automatically?		
<b>ACCESSIBILITY &amp; MOBILITY</b>		
Are all areas and rooms designed for disability access?		
Are all routes unobstructed?		
Are continuous handrails provided?		
Are all doors wide enough?		
Is there sufficient manoeuvring room for people and chairs?		
Are there level thresholds at entrances?		
Are steps avoided?		
<i>Questions about circulation outside:</i>		
Are there routes connecting indoors and outdoors that do not involve the use of steps?		
Is there level access from the building to the outside seating areas?		
Is there a paved path from the home to all seating areas?		
Are walking surfaces uniform with no uneven joints, cracks, or sloping sections?		
Are walking surfaces stable (no loose gravel or pavers; no sand or clay)?		
Are path surfaces level?		
Are continuous handrails provided?		
Are there no problems with the paving that could cause a person to		

trip?	
Are routes unobstructed by garden materials, tools or equipment?	
Are routes unobstructed by overhanging objects/vegetation?	
Are there raised planting beds?	
Is there level access to grassed areas?	
Is there sufficient space in front of benches to allow a wheelchair to pass?	
Are there resting surfaces on ramps and slopes?	
Are steps provided as an optional route for people to gain exercise?	
Are there handrails on both sides of steps and ramps?	
<b>COGNITIVE SUPPORT</b>	
Are there different views from different rooms?	
Are there views to normal daily activity?	
Are there views to trees and open space?	
Is there a view to outside pavement conditions of rain, wind or frost?	
Can an outside seating area be viewed from inside?	
<i>Internal circulation:</i>	
Are circulation routes logical and uncomplicated?	
Does the route reveal the layout of the building?	
Are the public areas indicated by their larger scale and higher ceilings?	
Are the private areas indicated by smaller scale rooms?	
Do routes offer stimulation and opportunities for involvement?	
Are there regular points of interest along the route?	
Are there regular places to linger or sit along the route?	
Are there meaningful destinations along the route?	
Are significant points along the route highlighted?	
Are the significant points linked visually?	
Are there windows along the routes giving distinctive orienting views?	
Do the routes have natural as well as artificial lighting?	
<i>External circulation:</i>	
Are routes to and from the entrance of the home logical and uncomplicated?	
Is there an unobstructed walking route around the outside areas?	
At the 'nodes' where the paths meet, can decisions be made easily about where paths lead to?	
Are ornaments, sculpture or large pots used as focal points at corners & entrances?	
Can an outside seating area be viewed from inside?	
Are focal points visible from seating areas?	
Are wind chimes used as an audible cue?	
Are outdoor locations signposted (patio, entrance, greenhouse)?	
<b>BUILDING INTERIOR</b>	

<b>Building elements</b>	
<i>Doors</i>	Are all doors wide enough?
	Can doors be easily opened (not heavy or sticking)?
	If there are heavy doors are they automatic opening?
	Are doors fitted with hold-open devices?
	Do doors not require a complicated or illogical opening procedure (entry phone/code)?
	If there are heavy doors are they automatic opening?
	Do doors have easy opening mechanisms & ironmongery?
	Are doors unlocked to safe outdoor areas?
	Do doors have glazing so the person can preview outdoor areas?
	Are all doors in the person's living area accessible to them?
	Can the person open the doors to the outside?
<i>Windows</i>	Is there an area of clear floor space where a person can stand in front of the windows to look out?
	Are window openers unlocked and easy to use?
	Do the views from the windows help people orient themselves?
<i>Finishes</i>	Are colours used to identify important rooms (e.g. toilets, bedrooms)
	Is the colour scheme designed to differentiate parts of the building?
	Are there no contrasting colour changes in the floor finishes?
<i>Fixtures</i>	
<i>Signage</i>	Is signage used to indicate directions and room function?
	Is the signage legible for people with visual impairment?
<i>Furniture</i>	Are there groups of furniture at gathering places along the routes?
	Are furniture items placed so as not to restrict movement through rooms and between indoors & outdoors?
<b>EXTERNAL STRUCTURES</b>	
	Are seating areas sheltered and sunny?
	Are shading devices provided?
	Are there a series of places to sit?
	Are there seating areas at the entrances to the home?
	Are gates familiar looking?
	Are gates self-closing?
	Do gates have easy-grip ironmongery?
<b>COMFORT, SUPPORT FOR THE SENSES</b>	
<i>Vision</i>	
<i>Daylighting</i>	Are the routes lit with daylight?
	Are the public areas more brightly lit than the private areas?
	Are nodes and changes of direction highlighted?
	Are the public areas more brightly lit than the private areas?

<i>Shading</i>	Are shading devices used to avoid high contrast between exterior and interior light?	
<i>Glare</i>	Are bright lights at the end of dark corridors avoided?	
Heating & ventilation	Is there a difference in air temperature and air movement in different areas?	
<b>SAFETY &amp; SECURITY</b>		
	Is the perimeter of the property (or part of it) secure so that least one door to the home can remain open?	
	Are secure doors and fences camouflaged (by colour, positioning or planting) to minimise frustration for people who are locked in?	
<b>Total potential <i>place</i> barriers to circulation</b>		