



Healthy Ageing Challenge  
Social, Behavioural and  
Design Research

UNIVERSITY of  
STIRLING



# Impact Report

Housing & Environment

Social Behavioural and Design Research Programme

# Housing & Environment

## Designing Homes for Healthy Cognitive Ageing (DesHCA)

DesHCA's findings have been disseminated to a wide range of audiences to spread knowledge of the issues and the potential real world solutions. This has included presentations to, and interactions with audiences ranging from a local level Independent Living Centre, local authority staff groups, to national audiences reached through HousingLIN and SCIE (Social Care Institute for Excellence) webinars and practitioner conferences such as the Royal College of Occupational Therapists (RCOP) housing conference, the Care Show and BE-ST Fest (Built Environment – Smarter Transformation, Scotland's construction innovation centre). DesHCA have reached Government through hosting the Scottish Parliament Local Government, Housing and Planning Committee and contributing to several national consultations on housing for an ageing population in both Scotland and England. International dissemination has consolidated DesHCA's links with SilviaHemmet, the charitable foundation of HM Queen Silvia of Sweden. Throughout, the findings have received positive feedback.



Curious about  
age-inclusive design  
but not sure where  
to start?

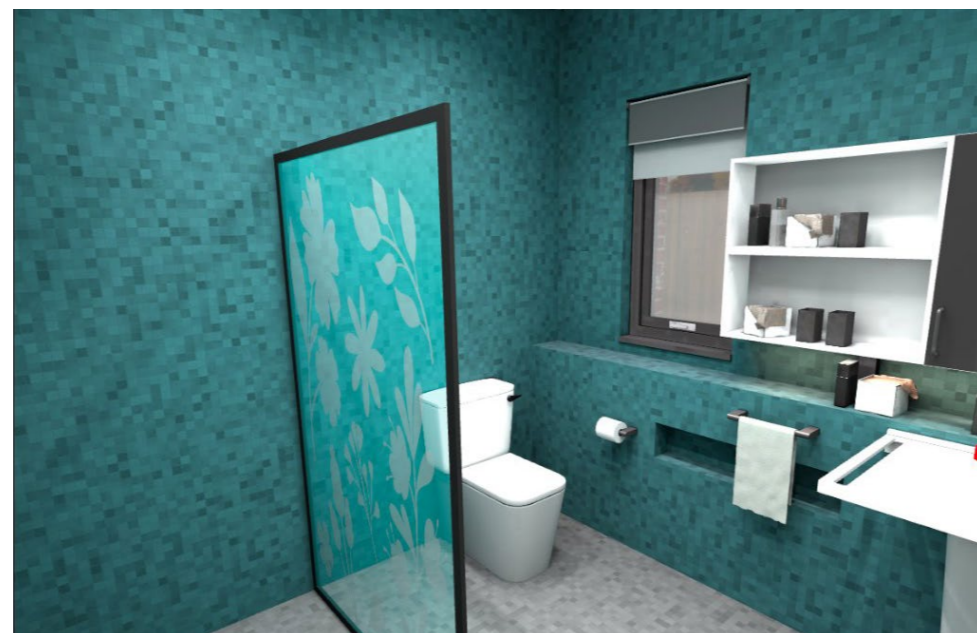


The findings have been used to generate legacy tools which the project has started to use in various contexts. DesHCA's book for people thinking about ensuring their home can support them as they age ("Designing for Lifetime: Tips and Tricks for Creating a Home that Supports You") has reached hundreds of people who have attended events, has been used by the University of Stirling Dementia Services Development Centre's (DSDC) professional clients to use in their practice, and has been circulated by the Royal College of Occupational Therapists (RCOP) to 36,000 Occupational Therapists across the UK, following feedback that it was 'just what we need' to advise OT clients. DesHCA have developed teaching materials for use in professional postgraduate training and these have been used in courses including Occupational Therapy, Dementia Studies and Housing Studies.



DesHCA worked with people experiencing ageing and cognitive change and those who design and develop housing. The project identified housing innovations that can support living better for longer with cognitive change. DesHCA's emphasis on healthy cognitive ageing goes beyond narrow conceptions of 'dementia-friendly design' into a more expansive and inclusive approach to housing innovation.

The project aimed to design and build virtual and real designs that act as demonstrators and test-beds for innovations to support healthy cognitive ageing. These designs were evaluated from stakeholder points of view, then considered at a larger scale to examine their real-world feasibility. DesHCA had a unique opportunity to feed directly into the UK and Scottish Government City Region Deal for Central Scotland (Stirling and Clackmannanshire), providing groundwork for local housing developments. The focus of this is sustainable, lifetime health, community and economic development, addressing deprivation and inequality.



## SPACE

SPACE explored how where we live affects how we live and age. Their research involved: exploring existing research to understand the relationships between biology, lifestyles and the environment, how different environmental factors relate to brain health, and how the environment influences brain health.

The SPACE project has been awarded two Impact Acceleration Account awards to produce an innovative, open urban environment data portal to progress impact-driven research, policy and practice, known as the SPACE geoportal. The geoportal is a platform for exploring and downloading Geographic Information Systems (GIS) data relating to environmental variables which include health and healthy ageing in our environment including light pollution, noise pollution, air pollution, soil pollution as well as built infrastructure and availability of 'green space' and 'blue space'. From the geoportal you can search the catalogue of available data, visualise it and download it. <https://space-geoportal-queensub.hub.arcgis.com/>

**There is no Planet B:** The importance of protecting where we live to develop a book, comic and 2 videos.



SPACE also received funding from the National Institute of Aging, USA for their contribution to the 'Expanding the Gateway Research Infrastructure on Exposome Studies for the Health and Retirement Study and the Harmonized Cognitive Assessment Protocol International Network of Studies' project. This work has the potential to inform how environmental factors are measured in global studies of ageing.

Watch the video  
**SPACE**





# Healthy Ageing in a Changing Climate: Creating Inclusive, Age Friendly, and Climate Resilient Cities and Communities in the UK

This research identified the need to develop 'actionable' interventions across six interconnected healthy ageing challenge areas to support the delivery of inclusive, climate resilient age-friendly cities and communities. Some key recommendations are below. For full details please see their report: [Healthy Ageing in Place | Healthy Ageing in a Changing Climate - SBDRP \(ageing-sbdrp.co.uk\)](https://www.ageing-sbdrp.co.uk)


**Healthy Ageing in a Changing Climate**  
 Creating Inclusive, Age-Friendly, and Climate Resilient Cities and Communities in the UK  
 HERIOT WATT SEI UNIVERSITY OF YORK

Read the report  
**Healthy Ageing in a Changing Climate**

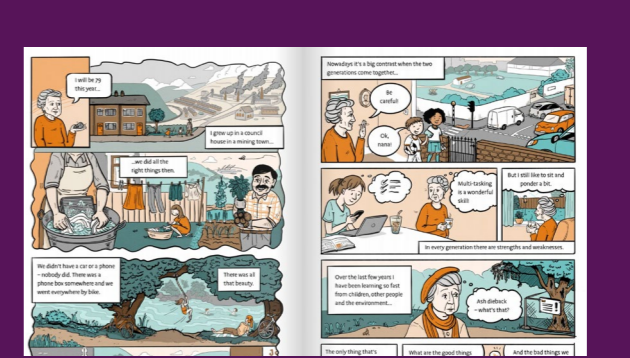


1. Empowering Older People Towards Climate Action
2. Mobilising Community and Social Infrastructure
3. Enhancing Mobility and Transport for Healthy Ageing
4. Climate Resilient Housing for Ageing-in-place
5. Healthcare and Wellbeing for Older Adults in Extreme Weather
6. Intergenerational Communities and Climate Resilience

## OPTIC

**Co-creating the Climate Comic Intergenerational Activity Pack to advance climate action in South Wales.**

OPTIC's work continues to build a more climate-resilient, aware, and proactive society in South Wales. To do this, they will co-create The Climate Comic Intergenerational Activity Pack to provide disarming and playful ways to discuss and learn about actionable behaviours from older and younger generations, fostering intergenerational solidarity and learning, and giving voice and agency to older and younger people in positive climate action. The pack will build on The Climate Comic (Thomas et al., 2023), a bi-lingual graphic book co-created with South Wales communities as part of the OPTIC project, to share climate perceptions and imaginaries of intergenerational groups and inspire climate action. OPTIC will collaborate with schools, care homes and other stakeholders including museums and local government. The project will evaluate the impact of the Climate Comic and activity pack to build foundations for a large research bid to create a Global Climate Comic to further expand the impact of this work.




Read The  
**Climate Comic**





Learn more about the Social Behavioural and Design Research Programme and the projects we funded by visiting our webpage:

[ageing-sbdrrp.co.uk](https://ageing-sbdrrp.co.uk)

 [Healthy Ageing Challenge: Social Behavioural Design Research Programme](#)

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