

# CHANGES IN THE WIND FOR HOSPICE & PALLIATIVE CARE

ENHANCED CARE EXPERIENCES

## DISRUPTING THE HOSPICE AND PALLIATIVE CARE PARADIGM

*Admit it, everyone needs to get outside more.*

Providing a respite garden on site benefits caregivers, recipients, staff, employees, and families. Getting outside for a breath of fresh air, experiencing a moment of solitude, or chatting with a loved one can clear the mind and calm the soul. By leveraging the restorative effects of nature on a daily basis, hospice and palliative care facilities can be a fulfilling and peaceful place to be.

### NEUROSCIENCE + PATIENT OUTLOOK

*...[T]he sick and aged . . . have priorities beyond merely being safe and living longer; . . . the chance to shape one's story is essential to sustaining meaning in life; . . . we have the opportunity to refashion our institutions, our culture, and our conversations in ways that transform the possibilities for the last chapters in everyone's lives.*

*from Being Mortal – Medicine and what Matters in the End*

Atul Gawande (p. 243)

One of the important concepts to be considered in the design of residences for the elderly is to not replicate the modern medical center appearance.<sup>1</sup>

### DESIGN + BUILT ENVIRONMENT

#### ROOM WITH A VIEW

Bring daylight indoors & use lighting conditions to elicit differing psychological responses, augment circadian rhythms, and increase staff productivity.



#### FAMILY GATHERING GARDEN

Create a private garden space for families to gather with their loved one in a new setting. Think simple comfort: cozy seating, calming plants, and a soothing water feature.



#### BIOPHILIC FORMS & MATERIALS

Design interior spaces to bring the outside in. Interior finishes using forms found in nature create linkages to the outdoors and natural areas.



#### DYNAMIC AND DIFFUSE LIGHT

Bring daylight indoors & use lighting conditions to elicit differing psychological responses, augment circadian rhythms, and increase staff productivity.



#### SENSE OF PLACE

Every element reinforces and integrates the design & location, creating a unique and memorable place, focused on the wellbeing of all users.



DISRUPTIONS

DRIVE  
INNOVATION

STAFF

+  
EMPLOYEE CARE

## RESPIRE GARDENS FOR CARETAKERS



Be sure to care for the caregivers by providing staff and employees with a dedicated private garden in which to “recharge their batteries.”

Even relatively brief exposure to actual or simulated nature settings can elicit significant recovery from stress in as little as three to five minutes.<sup>2</sup>