



# Designing for Aged Care

 **Tarkett**

# Conscious Design for Aged Care



As a society, we are ageing better and living longer thanks to advances in Healthcare. That's why today's Aged Care facilities are playing an even more important role in our communities.

Offering the best care possible means attending to not only the physical care requirements of residents and staff, but also their emotional needs.

When selecting flooring for an Aged Care facility, the choice of design and materials make a big difference to the living and working environment. Going beyond aesthetics, it is essential to accommodate the needs of both residents and staff, whilst ensuring hygiene, comfort and safety.

At Tarkett, we're here to offer the benefit of our experience and expertise to help design welcoming, flexible environments that deliver on performance, design and function. The right choice of flooring in Aged Care facilities can contribute to residents well-being and quality of life.

# Inclusive Design



Our aim is to support those who design and manage Aged Care facilities, to ensure the well-being of staff, residents & their families. This means helping residents feel comfortable and at home, preserving their autonomy and independence and limiting factors that can lead to anxiety or confusion.

It also means helping carers do their jobs more effectively, and of course, safely. When designing for the residents, there are three key areas of focus:

- Encourage residents to actively participate in daily care tasks by creating a warm social environment.
- Adapt the physical environment to the residents and the many changes they experience.
- Take into account the effects of dementia, such as cognitive difficulties.

Good, inclusive design isn't necessarily costly, and it can change the lives of residents.

## DIFFICULTIES THAT COME WITH AGE



- Reduced ability to see contrast and light
- Reduced peripheral vision
- Reduced sensitivity to colour
- Discomfort from glare
- Irregular sleeping and waking patterns



- Loss of muscular strength



- General loss of hearing
- Discomfort from loud noise or specific frequencies



- Short-term memory loss

# Creating a Safe, Comfortable Environment for Residents and Staff



## ENSURING RESIDENT COMFORT

Moving into an Aged Care facility can be unsettling. The loss of a familiar environment is always difficult and can come with a downturn in health, which can be demoralising for residents. To acclimatise, new residents need to feel reassured in their surroundings, so it is essential that the Aged Care facility feels like a home and includes recognisable objects from their past.

## IMPROVING THE WORK ENVIRONMENT FOR STAFF

Work in an Aged Care facility is very demanding, both physically and mentally. A safer working environment designed to facilitate everyday tasks helps reduce stress and fatigue, and can also free up staff so they can spend more quality time with residents.

Over half of people entering permanent residential Aged Care are aged 85 and older.\*

\*Source: Australian Institute of Health and Welfare



# Creating Better Care Environments

## Accounting for age-related change

### FACILITATING VISUAL PERCEPTION

As people grow older, their vision becomes less acute; colour and contrast are reduced, as is field of view. These effects can be limiting unless the environment is specifically tailored to compensate for them. A well-conceived and designed interior can go a long way toward lessening the impact of these inevitable changes.

#### SIGHT LOSS AFFECTS



1 in 5 people over 75\*



1 in 2 people over 90\*

\* Source: Royal National Institute of Blind People

### PROVIDE A PEACEFUL ENVIRONMENT

For people with hearing difficulties, low ambient noise makes communication easier, especially in areas such as dining rooms where social interaction is essential and encouraged. A quieter environment also removes a source of anxiety for residents living with dementia.

#### HEARING LOSS AFFECTS



1 in 3 people over 65\*

\* Source: World Health Organization

### ENCOURAGING MOBILITY

It is important that indoor spaces are designed to encourage mobility. Mobility helps maintain motor skills, cardiovascular fitness, and cognitive performance. This is good for independence, a critical factor in self-esteem and well-being for the residents.

The right flooring material makes getting around easier and safer, including for canes, walkers and wheelchairs. The right colour and contrast combinations on surfaces will improve spatial perception and facilitate orientation. This helps residents preserve autonomy, and also helps prevent falls which may result from anxiety and disorientation.

#### FALLS AFFECT



1 in 3 people over 65 once a year\*



2 in 3 people over 80 once a year\*

\* Source: World Health Organization



### PROVIDING ORIENTATION AND GUIDANCE THROUGH CONTRAST

Used carefully, the right contrast between colours enhances visual perception, encouraging fluid mobility and helping residents to find their way without feeling like there are obstacles in front of them.



### HELPING TO PREVENT FALLS AND CALM THE FEAR OF FALLING

Fear of falling is a common problem for many older adults, especially those living in Aged Care facilities. Their fear can contribute to self-restriction of activities, isolating themselves, and additional physical decline, ultimately increasing their risk of falling.



### WAYFINDING

Signs are not always intuitive, so consider how flooring can help provide subconscious cues to guide individuals from one space to another as efficiently as possible. In today's global community, signage may not be adequate to meet the needs of all languages or the visually impaired. Signs can also be confusing or easily missed by neurodivergent and memory care patients. Utilising colour and design in the flooring material can be a very effective wayfinding solution, helping to guide occupants through a complex and busy working facility with visual and cognitive cues.



# Designing Dementia-Friendly Spaces

In 2024, it is estimated there are more than 421,000 Australians living with all forms of dementia. Without a medical breakthrough, the number of people with dementia is expected to increase to more than 812,500 by 2054\*

\*Dementia Australia (2023) Dementia Prevalence Data 2024-2054, commissioned research undertaken by the Australian Institute of Health and Welfare.

Many Aged Care facilities today cater to both ageing residents and people living with dementia. In practice, the specific needs of people with dementia take priority over the requirements of the other residents. The environment must nonetheless work, and be supportive for all users.

Memory problems, difficulty processing information and impaired communication are among dementia's primary consequences. These are often accompanied by trouble in recognising surroundings or perceiving objects three-dimensionally. Using design to lessen the impacts of old age and dementia will significantly improve the quality of life for everyone affected.

## DIFFICULTIES THAT COME WITH DEMENTIA



- Inability to distinguish between colours
- Problems hearing over background noise
- Changed senses of smell, taste and touch



- Difficulty communicating
- Difficulty with daily routine
- Susceptibility to mood swings
- Easily disoriented



- Difficulty seeing in 3D
- Difficulty perceiving dimensions in single-coloured objects
- Inability to recognise pattern, shadow and gloss surfaces



- Confusion over times and dates
- Inability to recall recent events
- Difficulty recognising people and objects
- Reduced capacity for learning

# Using Decor to Reassure

Our discussions with experts indicate the comfort that comes from familiar surroundings is important to residents, especially when moving into an Aged Care facility.

The sight of recognisable designs with understated patterns or textures will reassure residents and may stimulate memory. We recommend that you avoid abstract or overly busy decorative motifs on the walls and floor to reduce the risk of confusion for people living with dementia, lowering stress levels.

## USE DEMENTIA-FRIENDLY WOOD DESIGNS

Wood designs are key to create cosy home like atmosphere, but not all woods are suitable.

This is why dementia-friendly wood patterns are needed, without knots, in line with dementia guidelines.

### Calm & subtle grain without knots

- to avoid misinterpretation (busy patterns, holes or waves on the floor)

### Medium size bevel type

- for easy identification of the floor to wood

### Matte finish

- to avoid glare and a shiny surface that could be assimilated to a slippery floor.

## TARKETT'S DEMENTIA-FRIENDLY FLOORCOVERINGS

With these factors in mind, our designers create dementia-friendly floors that will not enhance difficulties or anxiety and that improve orientation and spatial perception, enabling residents to move around more easily and manage better on their own.

Floors that convey warmth and reassurance, help to generate a sense of well-being. The pattern and design of our dementia-friendly floors have been assessed and rated by the University of Stirling's Dementia Services Development Centre (DSDC).

For our dementia-friendly range we have selected designs most suitable for people with dementia. There is an approved selection including plain and which can be used freely and semi-plain designs (minimal texture or fleck and/or minimum contrast between fleck/pattern, wood effect with no knots) and, in general, can be used throughout an interior design scheme.



### Dementia Friendly

Tarkett designs that are dementia-friendly are easily identified with this icon on our website.

## FAVOUR PLAIN DESIGNS AND SUBTLE MARKINGS



Tissage Soft Grey



Twine Indigo



Uni Intense Jean



Fiber Wood Natural

## CHOOSE WOOD PATTERNS ASSESSED AS DEMENTIA-FRIENDLY BY EXPERTS



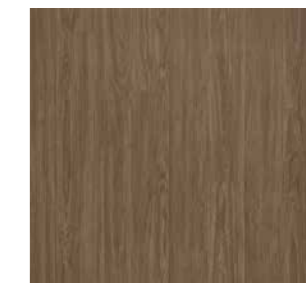
Fiber Wood Grege



Brushed Oak Medium



Oak Tree Beige



Serene Oak Warm Brown

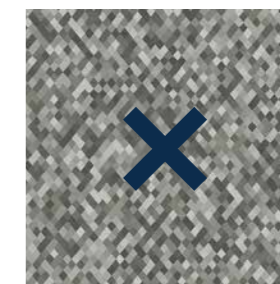
## AVOID BUSY PATTERNS, DARK COLOURS AND HIGH-CONTRAST DESIGNS



Terrazzo Terracotta



Bubbles Cold Mix



Facet Black & White



Cubic Intense Petrole

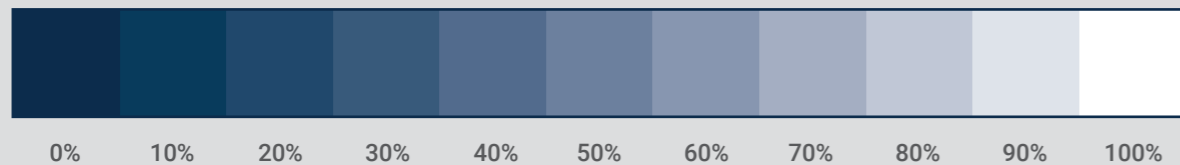
# Harness Contrast to Boost Orientation

Faced with difficulties in recognising their surroundings, people with dementia tend to limit their own mobility.

Thoughtful interior design is thus essential to create spaces that are safe and easy to navigate. Lighter-coloured floors generate an uplifting impression of 'walking on air', while very dark shapes underfoot may be mistaken for a hollow area or hole.

## FOCUS ON LIGHT REFLECTANCE VALUE (LRV)

Light reflectance value is a measure of the light reflected from a surface illuminated by a light source. The LRV scale runs from 0, the darkest or least reflective, to 100, the brightest or most reflective. Factoring LRV into a design scheme will show the degree of contrast generated.

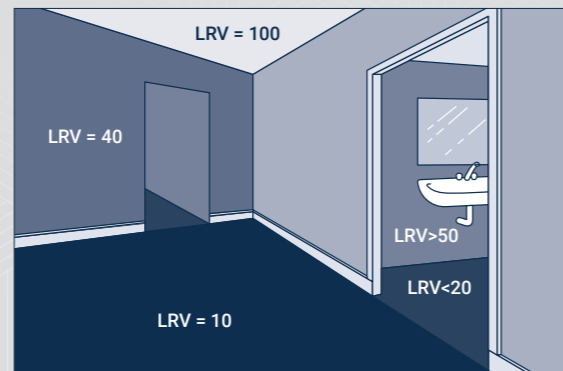


## USE LRV TO CREATE EFFECTIVE CONTRAST

We advise targeting an LRV value between 10 and 40 for floors and using matte finishes to prevent glare and a glossy, wet look.

High contrast between the floor and walls and between furniture and the floor heightens visual perception. Aim for an LRV differential of >30 points.

Low contrast creates a smooth transition from bedroom to bathroom and from bedroom to corridor. An LRV differential of <10 points is ideal.



## ENHANCE 3D VISION

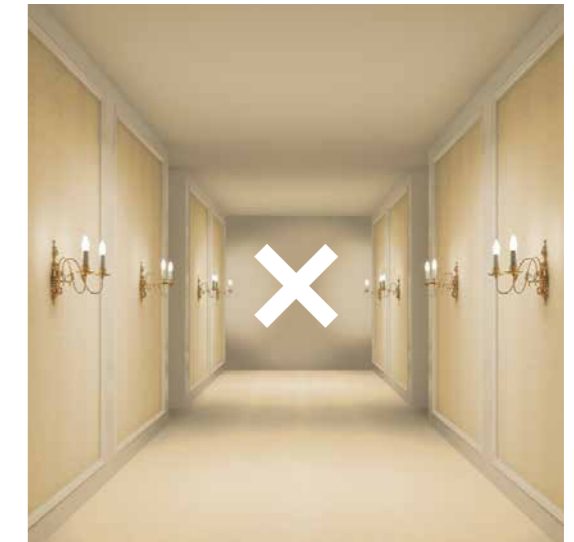
High contrast makes objects like furniture easier to see and can be used to create pathways, isolate potential hazards or highlight the layout of a space.

Example of using contrast on floors and walls:



Wall LRV: 70 Floor LRV: 18

LRV differential = 52, good



Wall LRV: 70 Floor LRV: 65

LRV differential = 5, insufficient

## ENCOURAGE MOVEMENT

Low contrast can encourage movement from one space to another. It can equally help conceal things, like the door to a room that is off-limits to residents.

Example of using contrast on adjacent floor surfaces:



Hallway LRV: 28 Bedroom LRV: 20

LRV differential = 8, invites entry



Hallway LRV: 6 Entrance LRV: 30

LRV differential = 24, deters entry





## Facilitate Visual Perception

The ageing process alters the perception of colour, with contrasts harder to identify and shades less vivid. Reds can start to appear pink, while distinguishing between tones of blue and green gets more difficult.

We advocate using light and contrast carefully with the right colours to help older people identify important features like doors, handles and furniture. This makes their surroundings easier to interpret and safer to navigate.

### UNDERSTANDING CHANGES IN COLOUR PERCEPTION

As the lens of the eye gradually yellows with age, colour perception is affected. The elderly are less able to perceive contrast, colours become less vivid and more monochrome. Colour contrast is therefore key to providing visual clues for doors, handles, controls and furniture, thereby enabling residents with poor sight to better make sense of their surroundings.



Normal vision



Ageing vision

### MAXIMISE LIGHT

People with impaired vision need more light and older eyes need two to three times more light than young ones to see properly. Variations in light cause sight problems for the elderly, so uniform lighting is recommended along with the avoidance of shadow and darker areas, which can be unsettling to people with dementia.

#### Suggested levels of lighting and light distribution for specific areas

SPACE	LIGHTING INTENSITY (LUX)
Corridors	300
Activity spaces	350
Bedrooms Reading area	350
Bedrooms Ambient	250
Bathrooms	250



## Examples of Colour Schemes for a Range of Spaces:

We recommend darker floors (with an LRV between 10 and 40) to provide the reassuring appearance of a plain, solid surface safe to walk on. The walls should be in contrasting colours with an LRV differential of >30 points.

WALL	Aquarelle Wall HFS Stone light Warm Grey LRV = 74	ProtectWALL Tissé Fresh Green LRV=61	ProtectWALL Tissé Light Aqua LRV=53
	WETROOM	BEDROOM	CORRIDOR
FLOOR	MS Aqua Concrete Warm Grey LRV=19	Excellence Brushed Oak Medium LRV=28	Excellence Serene Oak Red Brown LRV14

WALL	Aquarelle Wall HFS Uni Yellow LRV=67	ProtectWALL Uni Light Beige LRV=65	ProtectWALL Tisse Warm Grey LRV=76
	WETROOM	BEDROOM	CORRIDOR
FLOOR	Multisafe Aqua Concrete Warm Grey LRV=19	Excellence Fiber Wood Natural LRV=28	Excellence Uni Intense Terracotta LRV=23



# Choose Quality Materials for Residents' Health and for More Sustainable Buildings

## ENSURING GOOD INDOOR AIR QUALITY

Air pollution can be worse indoors than it is outdoors, and poor indoor air quality can have very serious repercussions on the elderly and their carers, who tend to spend more time inside than the rest of the population. Ensuring good indoor air quality and preventing chronic diseases is a challenge for Aged Care facilities, so it is important to select the right materials, for example, choosing flooring with low VOC emissions.



## GOOD INDOOR AIR QUALITY

VOCs (Volatile Organic Compounds) are volatile substances used in materials that can be emitted to indoor air. They can have multiple origins: floor or wall coverings, paint, cleaning products, air fresheners and furniture, which considerably degrade the quality of indoor air.



## HEALTHY MATERIALS

Phthalates are mainly used as plasticizers (substances added to plastics to increase their flexibility, transparency, durability and longevity). Nevertheless, phthalates have been the subject of scientific debate about their potential impact on human health.

Tarkett products have been phthalate free since 2011. We use plasticizers that can be used for young children's toys and food containers, the toughest standards there are.



## DESIGNING FOR LIFE

People spend 90% of their time indoors. We help our customers to create healthier, safer, more people-friendly indoor spaces by continuously improving the health and environmental credentials of our products.

We strive to select materials that can be recovered, recycled and transformed into new products. Through our focus on Cradle-to-Cradle® design, we make our products in a way that helps to preserve natural resources and mitigate climate change.



## CLOSING THE LOOP

The building and construction industry can make a major difference when it comes to climate impact and preservation of resources, as they represent approximately 39% of global green house gas emissions and 60-70% of total waste.

As a leading flooring manufacturer, we have a significant opportunity and responsibility to create change in our industry. To drive that change, we are committed to shifting to a circular economy to achieve our climate goals.



## DRIVING COLLABORATION

The world's great sustainability challenges require cooperation and partnership across industries and supply chains. We encourage our customers and all our stakeholders to join us in working toward positive change. Importantly, we communicate our sustainability progress transparently.

# Why the Circular Economy is Powering Our Climate Journey

Recycling contributes significantly to reducing our carbon footprint. It preserves natural resources, eliminates greenhouse gas emissions linked to the manufacture of raw materials, and those linked to the incineration of end-of-life products.

We are seeking to build more and more robust collaborations with partners who share our ambition to make conscious choices for people and planet.



## CREATING A SECOND LIFE FOR WASTE

At Tarkett, we're committed to a sustainable, circular economy that creates value for everyone, closing the loop on waste, preserving natural resources and reducing our impact on climate change, to give you peace of mind on your product choice.

We believe waste is a precious raw material with a very low carbon footprint. Because where others see waste, we see opportunities.



## RESTART® RECYCLING

ReStart® is our hassle-free, take back and recycling program for installation Vinyl off cuts and select post-use flooring waste. On average, our Vinyl floors are made up of 24% recycled content, while our DESSO Carpets contain over 60% and our Linoleum more than 30%.

# Manage Costs by Making the Right Choices



## OPTIMISE MAINTENANCE

High levels of traffic are normal in an Aged Care facility: wheelchairs, trolleys and wheeled equipment. This inevitably means bumps, spills, and general wear and tear. As maintenance plays a major role in the cost of ownership for flooring, choosing the right floor may help keep maintenance costs down.



## CONSIDER CLEANING COSTS

Cleaning is also an important factor in life cycle costs; choosing easy and quick to clean surfaces helps keep spaces hygienic at all times. It also reduces the work required and helps keep down associated costs such as cleaning products.

Good design isn't necessarily costly. We offer easy-to-clean flooring solutions for a hygienic, well-maintained Aged Care facility that conveys a positive feeling. Thinking long term, opt for robust flooring that will last longer, spacing out renovations, and minimising costs and disruption.



# A Solution for Every Space

We have now seen that good, inclusive Aged Care facility design takes into account the distinct challenges faced by the residents in terms of perception, mobility and cognitive awareness – with or without dementia – and also allows staff to provide efficient care without strain.

We now look at specialised floor and wall covering solutions, that deliver ultimate design and performance to the Aged Care sector.

## **Powerbond® Hybrid Impervious-Backed Carpet**

As a Hybrid Carpet, Powerbond® delivers the durability of hard-surface flooring with the comfort and cushion of Carpet. And that makes it perfect for high-use, high-abuse spaces.

Powerbond® flooring offers a wall-to-wall moisture barrier and certified asthma & allergy friendly® options. In testing, 95% of allergens were removed effectively with a simple dry vacuuming. This makes it the ideal solution for high-use spaces that are expected to perform for decades.

## **Definition of a classic**

Classics are defined as being the highest quality, serving as a standard for everything that follows. They aren't just time tested, they're timeless. And they become more valued over the years.

Developed in 1967, Powerbond® was the first Hybrid Carpet flooring to combine the best of Carpet and Resilient Sheet. More than 55 years later, there's still nothing else like it in the market – delivering healthier materials, unlimited design potential, impermeable moisture protection and greater durability. After all, like a true classic, performance never goes out of style.

Thanks to its unique construction and welded seams, Powerbond® delivers a wall-to-wall moisture barrier which helps avoid conditions favourable to microbial growth.

It is also resistant to spills, soiling and accidents, whilst offering greater sound absorption and acoustic comfort.





# Powerbond®

## Garden Walk Collection

Using soft nuance and fluid movement, the Garden Walk Collection welcomes residents and guests with the warmth and comfort of relaxed living, creating an ideal setting for healing, lifestyle and leisure.

Each sophisticated design carries deep, soothing tones that create a tranquil atmosphere and lends itself to feelings of well-being. Inviting, reflective and restorative, these spaces are designed for the overall wellness of body, mind and soul.

### KEY FEATURES

- Numerous co-ordinating designs
- Impervious-Backed Carpet Roll
- Superior appearance retention
- Withstands high use, high abuse environments
- Ultimate rolling resistance

## Renewal Series Collection

With visuals inspired by our outdoor wanderings, the Renewal Series is designed to calm and refresh – proving a much needed escape from the hectic rush of daily life. Thanks to Tarkett's commitment to low VOCs, these products do their part to support good indoor air quality – helping interior spaces feel almost like a daily stroll through the forest.

### KEY FEATURES

- Numerous co-ordinating designs
- Impervious-Backed Carpet Roll
- Superior appearance retention
- Withstands high use, high abuse environments
- Ultimate rolling resistance



## ProtectWALL

Designed for corridors and resident rooms in highly demanding environments, ProtectWALL 1.5 is a high-performance Heterogeneous Vinyl wallcovering that protects walls against impacts, shocks, scratches, stains and chemicals. Flexible and easy-to-install (10 times fewer joins than still plates), it helps to lower repair and maintenance costs by reducing damage to walls. It is treated with our TopClean XP surface protection for easy cleaning and is 100% phthalate free. Also available in a Clean Room version, that is designed for laboratories and clean rooms.

### KEY FEATURES

- Impact & scratch resistance
- Stain & chemical resistance
- Easy clean & maintenance
- CodeMark certified
- Full floor & wall design coordination
- Matching weld rods to minimise appearance of seams
- Clean Room options available
- Suitable in bathrooms

## Excellence 80

Acczent Excellence 80 is one of the most creative heavy-traffic compact Heterogeneous Vinyl flooring ranges on the market, with a durable resistance to indentation (0.01mm). It is treated with our trademarked Top Clean XP surface protection for extreme durability and cost-effective maintenance. Available in an acoustic option with Tapiflex Excellence, that comes with a 19dB rating to provide an acoustic Vinyl flooring solution for heavy traffic applications.

### KEY FEATURES

- Ideal for heavy-traffic areas
- Full floor & wall coordination
- 100% phthalate free
- Authentic designs
- New matte finish
- Available in Compact & Acoustic
- Matching weld rods available
- DSSC certified designs

# Complementary Solutions



Luxury Vinyl Tiles



Safetred Universal Plus R12



Granit Safe.T



Ruby 70



Carpet Tiles



iQ Vinyl Collections



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