Stimulation scale of the living environment: validation by experts in ageing



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CONTEXT

The housing situation of older people is a major challenge for our society especially because people are living longer than ever before. This condition prompt our society to explore resilient housing solutions. Ageing at home is a favored option, yet the physical and cognitive stimulation and the safety provided by the living environment (including both home and proximal environment) should be adequate to the health of older people.

GOAL OF THE HABITAGE PROJECT

Study the association between the stimulating and safety nature of the living environment of older people and two components of their health: physical activity and sleep.

METHODOLOGY

A - CONSTRUCTION OF THE LIVING ENVIRONMENT QUESTIONNAIRE

The **50** items and their subitems were choosen thanks to a review of the scientific litterature

NUMBER OF FLOORS IN THE DWELLING

EXAMPLE OF AN ITEM

GROUND FLOOR

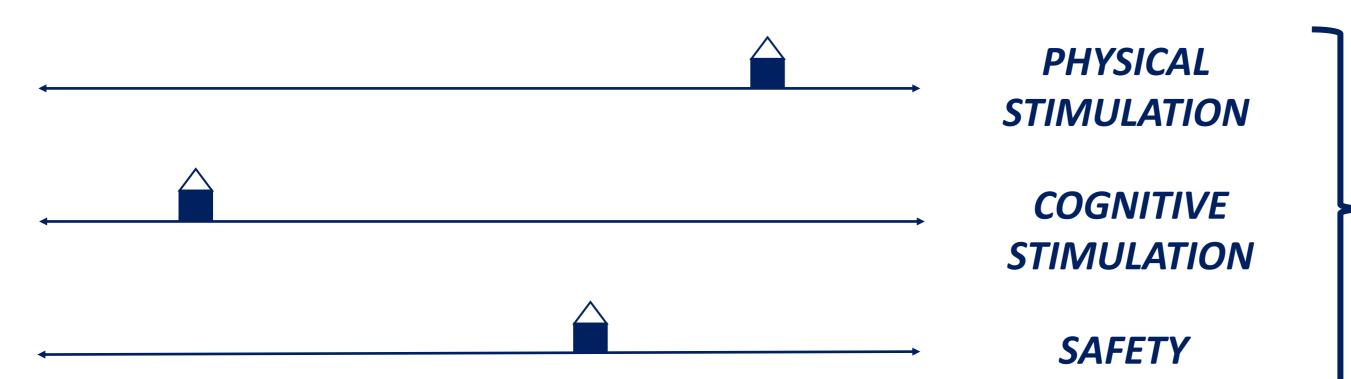
ITS SUBITEMS

1 LEVEL WITH A FEW STEPS BETWEEN CERTAIN ROOMS

2 FLOORS

3 FLOORS OR MORE

The aim of the questionnaire is to classify the living environment on 3 scales:



EACH ITEM OF THE QUESTIONNAIRE ARE WEIGHTED

B - WEIGHTING OF THE ITEMS OF THE LIVING ENVIRONMENT QUESTIONNAIRE



PHASE 1 [still in progress]

The 13 stakeholders must classify with a Likert scale (0 to 10) the **50** items according to the <u>importance</u> of the item for the physical stimulation, the cognitive stimulation and the safety.

If an item obtain 7 or more 0 score to the phase 1, the item will not be evaluated on the phase 2.

PHASE 2 [forthcoming]

The 13 stakeholders must classify with a Likert scale (-5 to +5) the items according to the **positive or negative influence** of the item for the physical stimulation, the cognitive stimulation and the safety.

MATHEMATICAL FORMULA FOR THE WEIGHTING OF AN ITEM: SCORE PHASE 1 * SCORE PHASE 2