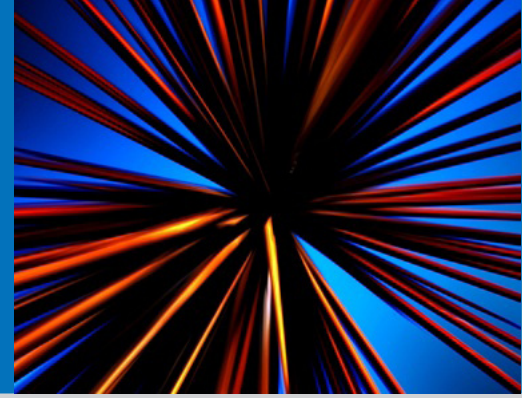


MARC Research Profile

Daylighting in Older People's Housing



This study seeks to find ways of improving daylight standards in older people's housing. Previous research has demonstrated the benefits of good daylighting in the homes of people with sight loss, particularly in aiding detailed visual tasks. Daylight also has health benefits, particularly in helping the body to regulate the production of melatonin, which in turn helps to regulate sleep patterns, and in stimulating the body's production of serotonin, which can reduce the symptoms of depression.

Despite these benefits, an evaluation of 23 extra-care housing schemes, undertaken as part of the EPSRC-funded research project EVOLVE (Evaluation of Older People's Living Environments), revealed that only half complied with the current recommendations on minimum daylight factors in lounges and bedrooms. This is surprising given the prevalence of sight loss amongst older people, and given that extra-care housing is intended primarily for older people.

The aim of this study is to identify barriers to compliance with current guidance on daylighting, and to identify approaches to design that allow these barriers to be circumvented. The study will draw on existing data from the EVOLVE project, and on interviews with people involved in developing, designing and managing extra-care housing schemes, particularly those housing schemes in the EVOLVE sample. The findings will be relevant to architects and housing providers involved in the design of all types of housing, particularly housing designed for older people.

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Housing LIN (Learning and Improvement Network)

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Thomas Pocklington Trust



Housing and support for
people with sight loss



Housing LIN

Connecting people, ideas and resources