Workshop GERontologic Test suits
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Programme this workshop

• Introduction
• Research by Health Space Design
• GERT suit
• Research using the GERT suit

• ASSIGNMENT
Wayfinding in a Hospital

• Method: shadowing (i.a. MacDonald, 2005)
• Follow up: design workshop Arts students

Result: 3 bottlenecks
Improvement: minimal variant
Improvement: maximal variant

Koehorst & Meinsma, 2014
Design workshop by Arts students

‘cloud route’

‘forest route’

abundance of information

unity

Seidel & Feenstra, 2014

Uijtewaal, Wolff, & Idsinga, 2014
Large adhesive photo on door

- Quasi experiment, qualitative observations, coding
- Context: home for elderly people with dementia
- Measurement: feeling at home, i.e. privacy, autonomy, wayfinding, orientation, self-support, safety (i.a. Fay & Owen, 2012; Heggen & Hauge, 2008; Frank, 2005, Robinson, Reid, & Cooke, 2010)

- Result: feeling at home is improved, positive effect on privacy, autonomy, wayfinding, and orientation

Ensink, 2015
What is a GERT suit?
GERontologic Test suit *

The age simulation suit offers opportunity to experience the impairments of older persons even for younger people.

The age-related impairments are:

• loss of sight and hearing
• joint stiffness in the arms and legs
• narrowing of the visual field
• head mobility restrictions
• reduced grip ability and coordination skills

* http://www.age-simulation-suit.com

Student in GERT suit
Good practice: use of GERT suits in research

Study:
- Assess the hospitality and develop a policy
- Take into account the needs of the elderly

Setting:
- Hospitals
- 60 second-year bachelor students of a course in hospitality
GERT Suit: method

• Participant observation

• Independent variables
  • Route complexity
  • Simulated physical ageing, by use of GERT suits

• Dependent variables
  • Route efficiency
  • Walking speed
  • Heart rate and respiratory rate
Preparations in the porter’s lodge
Participant and observer are on their way
Good idea: they catch a golf cart!
Participant and observer totally lost at the other side of the road
Elevator or stairs?
Arrived at the destination
Route complexity and simulated physical ageing negatively influence wayfinding (Zijlstra, et al., 2016)

• Complex route > less efficiently
• Simulated elderly participants:
  • Lower speed
  • Higher heart rate and respiratory rate > more energy performing the wayfinding task
Other use of GERT suit

• Research lessons
  • Observation techniques
  • Measures
  • ...

• Workshops
  • Care homes
  • Fire drills
  • ...
  • ...

• Workshops
Assignment

• Divide the class into pairs, one student gets dressed, with help of the other
• Go to the ground floor (begane grond)
• Go outside to the street, go back into the building
• Search for someone who can show you the way
  – Note for the observers: please do not intervene nor offer help
• Ask your way to the 2nd floor (1e verdieping), preferably via another way
• Go back to this presentation room
• Change roles
  – Observers: observe, make mental notes and report shortly, later in class
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