

GETTING RESEARCH INTO PRACTICE WITH PARTNERS: LIGHTING AT HOME

UKARF Conference 29th September 2010

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Thomas Pocklington Trust

- Provides housing, care and support for people with sight loss
- Funds social and public health research into sight loss

Older people and sight loss

- As we get older, our eyes do not work as well
- Around half of people over 85 have sight loss sufficient to affect everyday life
- We all need three times as much light when we are 60 than when we are 20 years old

Lighting at home: research

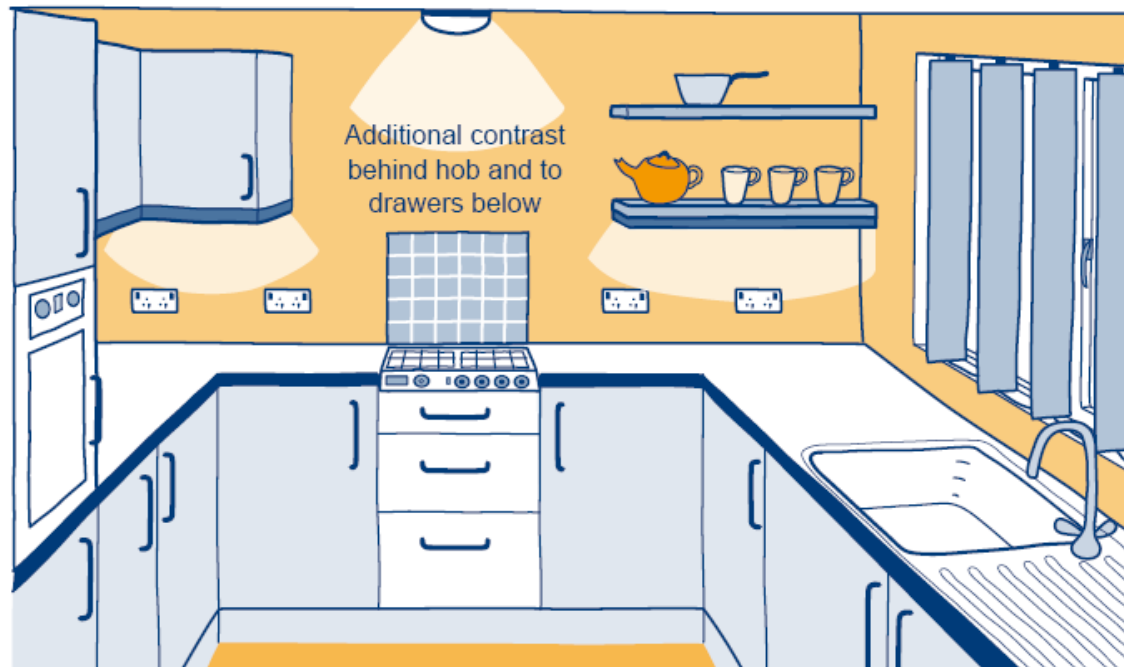
- *Housing needs of people over 55 with sight loss* (UCL: J Hanson) - interviews which identified the importance of lighting
- *Lighting for people with sight loss* (University of Reading: G Cook) - questionnaires and surveys of installed lighting

Lighting at home: evidence

- Low levels of lighting
- Glare from light fittings
- Slow adaptation to different lighting levels
- Poor controls
- Lack of information/support

Lighting at home: kitchen design

- Minimise shadows
- Under-unit lighting
- Bright and flexible
- Colour and contrast



Lighting at home: physical implementation

- Implemented in 100 Pocklington properties
- Positive evaluations meeting tenants needs:
 - “Very satisfied.....a great improvement”
 - “Over the moon with it”
 - “Now able to go back to playing piano, watch TV, entertain more easily”

Lighting research into practice: approaches

- Implement in our own properties
- Practical guides
- Lighting advice/training/consultancy
- Products and outlets
- Light for Sight Strategy Group: produce Good Practice Framework

Lighting research into practice: audiences

Light for Sight Strategy Group

- Architects, housing providers, occupational therapists, social services, home improvement agencies, optometrists, surveyors, lighting engineers, vision rehabilitation workers

Others

- Electrical installers, falls clinics, home safety check providers, dispensing opticians, retailers, carers, etc.

Lighting research into practice: Strategy Group

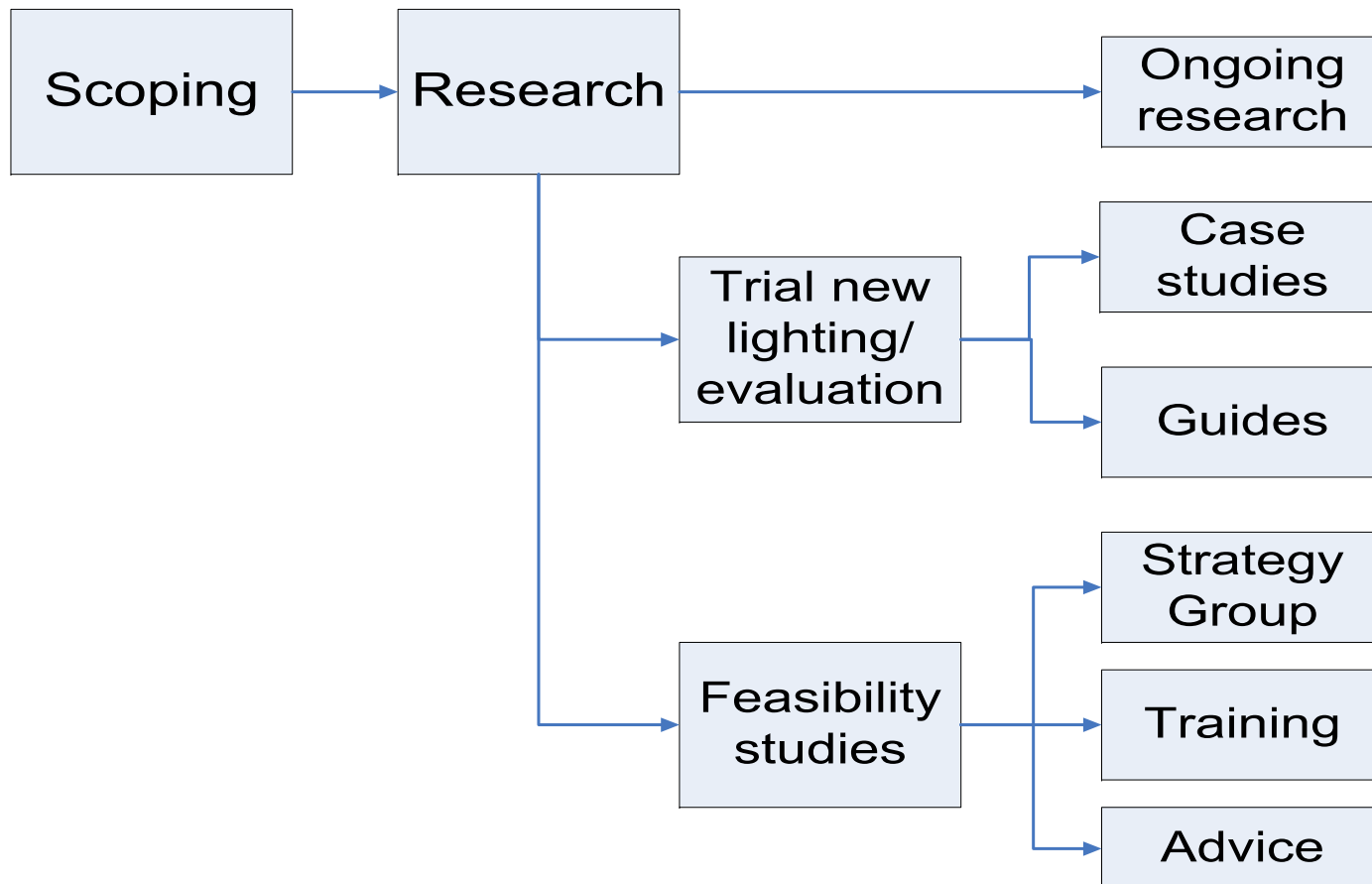
- Association of Directors of Adult Social Services
- Chartered Institute of Housing
- College of Occupational Therapists
- College of Optometrists
- Department of Health
- Foundations (national body for Home Improvement Agencies)
- National Housing Federation
- Royal Institute of British Architects
- Royal Institution of Chartered Surveyors
- Social Care Association
- Society of Light and Lighting
- VISION 2020 UK

Lighting research into practice: framework themes

- Influence policy
- Inclusive design
- Health and social care assessments
- Information and training to professionals
- Installing appropriate lighting
- Advice to people with sight loss and older people

➔ *Endorsed by 11 partners*

Lighting research into practice: process



Lighting research into practice: partnership methods

- Hook to national initiatives
- Identify champions
- Joint publications
- Briefings/conferences
- Newsletters
- Networks

Lighting research into practice: issues

- Target group
- Private sector buy-in
- Public vs professional audience
- Pace, continuity and reflection
- Mobilising champions
- Role of web

➔ *We are still learning what works*

Contact details

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