

IDENTITY FIRST

PRESERVING DIGNITY,
EMPOWERING IDENTITY.

"Identity First" means prioritizing the person over their Parkinson's diagnosis. It emphasizes viewing individuals as unique, complex people rather than defining them by their condition. This philosophy is rooted in preserving dignity, honouring individuality, and helping people with Parkinson's live fulfilling lives. By addressing both physical and emotional needs, this approach celebrates their identity beyond the scope of their diagnosis.



SITE LOCATION



Identity First is located on Broad Street in the town centre of Stamford, Lincolnshire, UK.

Stamford has strong neighbouring connections to nearby towns and cities such as Peterborough, Grantham, and Leicester, offering convenient access via road and rail.

OVERVIEW OF EPIDEMIOLOGY

NON-MOTOR SYMPTOMS:

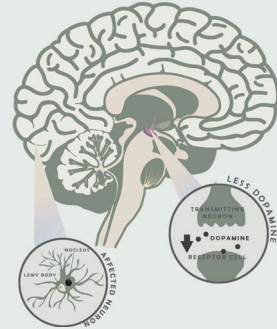
1. COGNITIVE DECLINE
2. MOOD DISORDERS
3. SLEEP DISTURBANCES

MAIN SYMPTOMS:

1. TREMORS
2. MUSCLE STIFFNESS
3. SLOWNESS OF MOVEMENT

GENETICS AND PARKINSON'S

2X
MORE LIKELY TO DEVELOP PARKINSON'S IF YOU HAVE A PARENT OR SIBLING WITH THE DISEASE

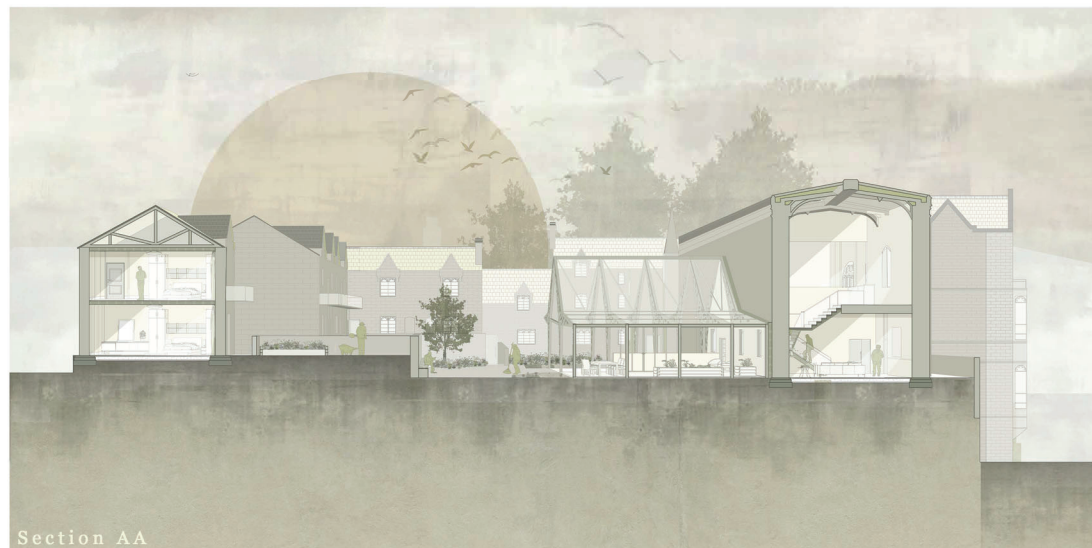
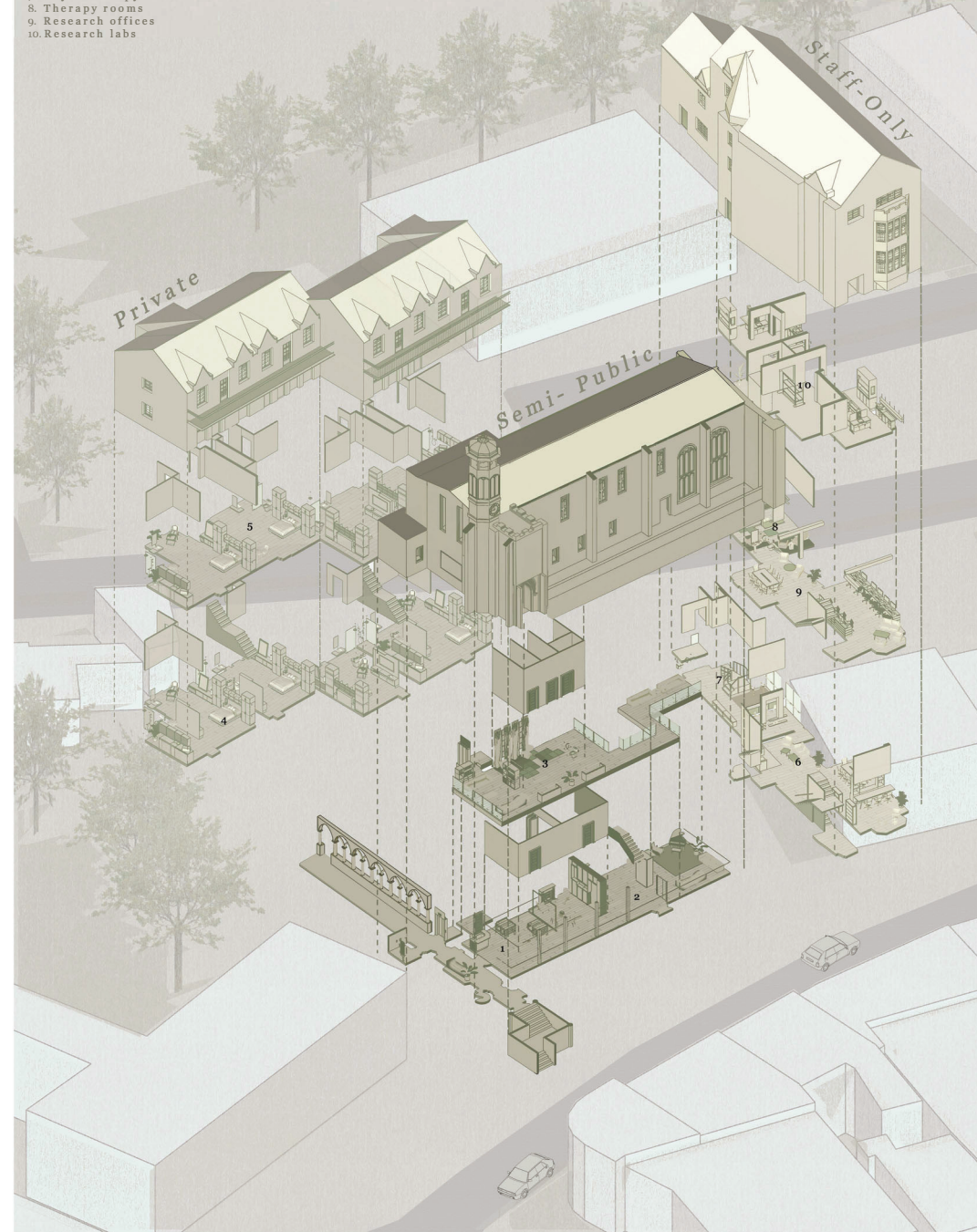


1 IN 37
ARE DIAGNOSED WITH PARKINSON'S

PARKINSON'S IS
1.5x
MORE COMMON
IN MEN THAN WOMEN

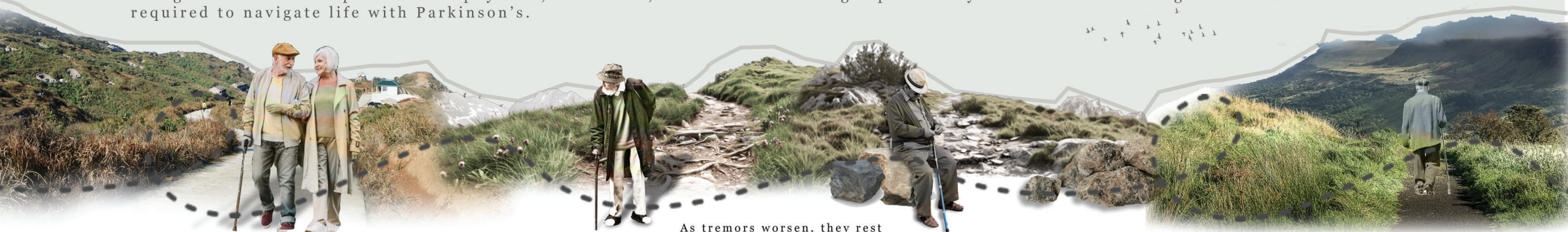
Legend

1. Reception
2. Main activity space & Sun lounge
3. Quiet rooms
4. Long & short stay accessible rooms
5. Long & short stay regular rooms
6. Staff room
7. Physiotherapy suite
8. Therapy rooms
9. Research offices
10. Research labs



Section AA

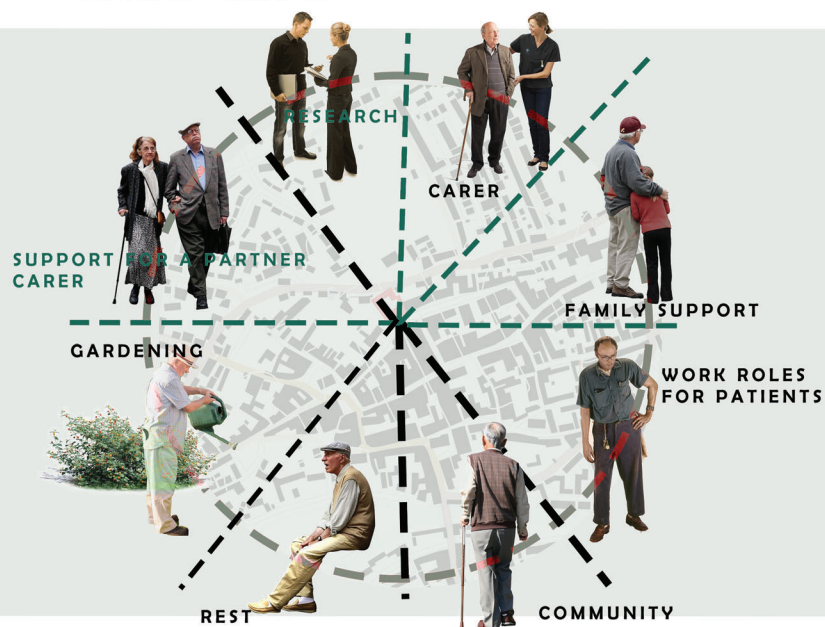
Using a hike as a metaphor for the physical, emotional, and mental challenges powerfully illustrates the strength and determination required to navigate life with Parkinson's.



Pain or stiffness can strike suddenly, so preparation is crucial for navigating unpredictable symptoms.

As tremors worsen, they rest and use mobility aids.

The return trip is easier in some ways but brings new muscle strain, requiring slow, careful movement to avoid falls.



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A client-first approach is essential in creating supportive spaces for individuals living with Parkinson's, as it ensures that every aspect of the environment responds directly to their needs and experiences. By prioritizing the client, the space becomes more than just a place for treatment. It transforms into a community that fosters independence, dignity, and well-being. Support for carers, family education, opportunities for purposeful work, and areas for rest and therapeutic activities like gardening all contribute to a holistic system of care. This approach recognizes that both patients and their support networks require tailored interventions, making the space not only functional but also compassionate and empowering.



PARKINSON'S UK OFFICE SPACE



THERAPY SPACE



OLDER MEN WITH PARKINSON'S

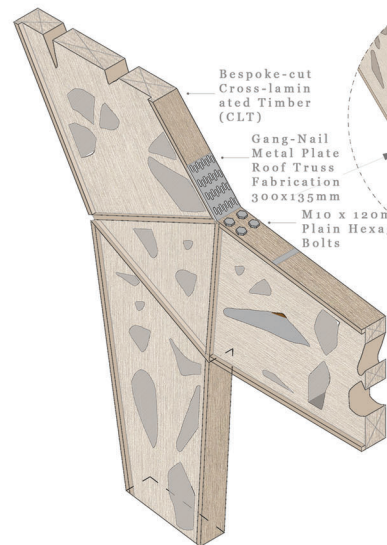


FAMILY & CARERS

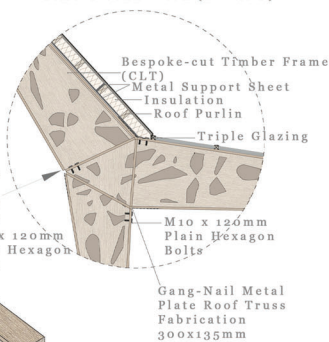


CARE STAFF & RESEARCHERS

Bespoke Cross-Laminated Timber (CLT) Frame (Detail A)



Roof Structure to Timber Connection (Detail B)

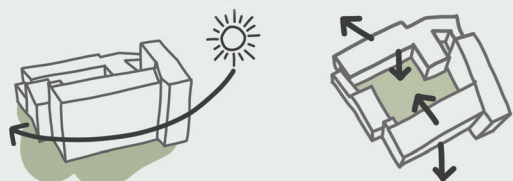
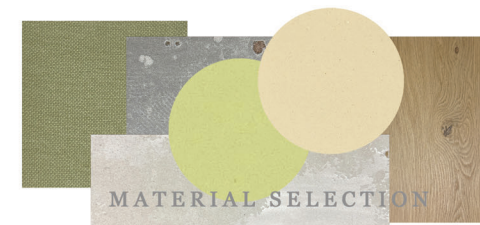


WHAT IS PUNDING?



Punding is a term used to describe a pattern of repetitive, purposeless, and compulsive behaviours, such as sorting, organizing, dismantling, or assembling objects for extended periods of time.

Some examples include endlessly tinkering with tools or obsessively gardening without any specific goal. These could be dangerous to do alone so Identity First offers a safe, controlled space for these behaviours.

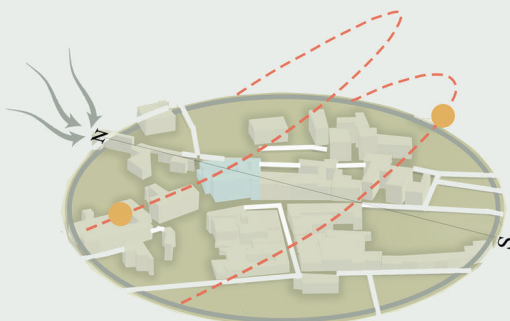


SUNLIGHT IMPORTANCE

East to west sun path means that the site has ample natural light in all front facing windows, which is most of the site.

Ample sunlight is important in regulating the moods of the residents and combating mood disorders such as depression.

Vitamin D deficiencies are common in people with Parkinson's and can increase the risk of falls. Maximizing sunlight exposure throughout the space supports physical health and contributes to a healing, restorative environment for its users.



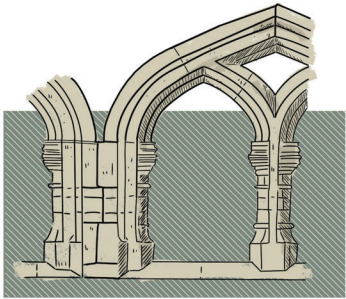
WHY GARDENING?

Gardening offers a calming, purposeful outlet for individuals with Parkinson's, transforming compulsive behaviours into meaningful activities. It stimulates the senses, reduces stress, and supports personal growth, helping to restore a sense of identity and well-being.

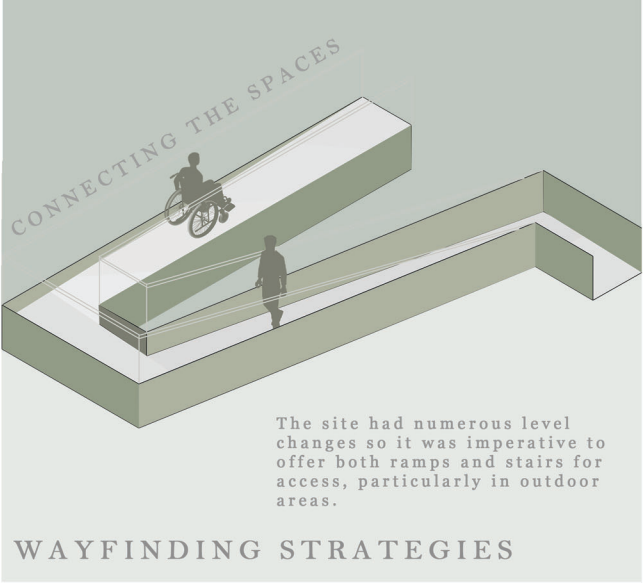


SITE PRESERVATION

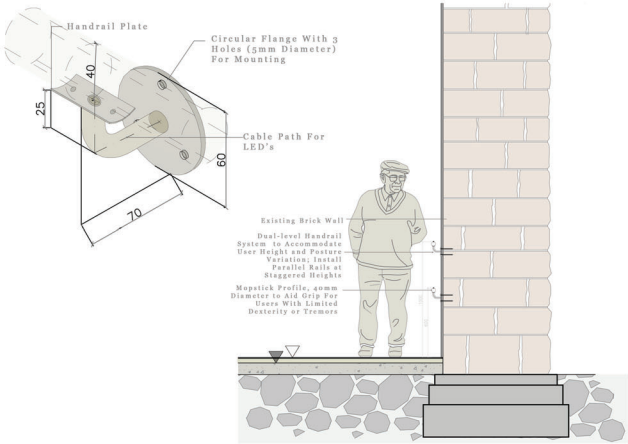
Preserving key historical elements maintains a connection to the past, honours the site's heritage, and adds character to new developments, creating a meaningful blend of old and new.



CLOISTER

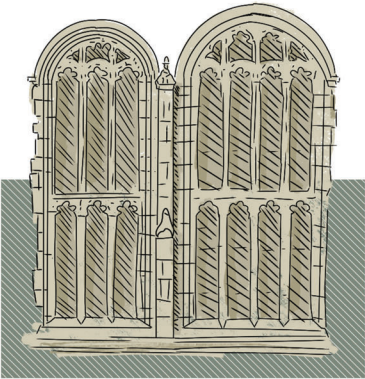
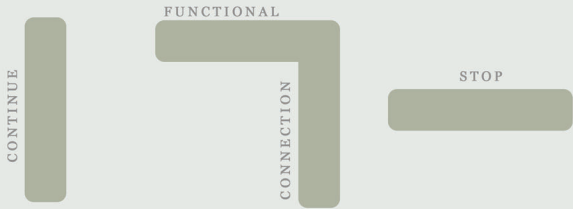


MAIN ENTRANCE



WHY IS IT IMPORTANT?

Wayfinding is essential due to the increased difficulty many people experience with navigation as they age. The overall design incorporates a clear and intuitive layout, using straight lines in main areas to naturally guide residents. The main building features double handrails with motion-sensor LEDs for added visibility and support, along with custom tactile flooring around doorways to create a glyphic floor language that enhances spatial orientation.



STAINED GLASS WINDOWS



Ground Floor



First Floor



PUNDING ACTIVITY SPACES



RESPIRE FLATS



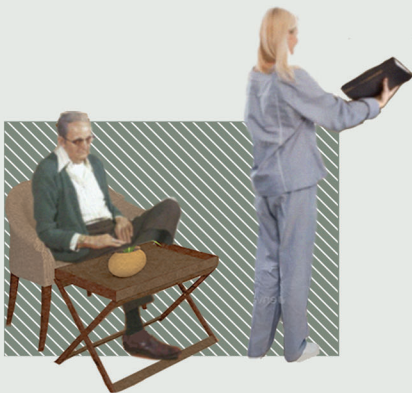
PHYSIOTHERAPY SUITE



THE CAREGIVER BURDEN CONTINUUM

The Caregiver Burden Continuum outlines the escalating physical, emotional, and social challenges faced by those caring for individuals with Parkinson's disease. Most caregivers are women in their 60s, with 40-70% experiencing extreme stress. This burden begins with caregiver stress, a manageable but persistent strain, and can progress to caregiver strain, marked by memory lapses, exhaustion, and frustration. If self-care is neglected, caregivers may reach burnout, where their ability to cope diminishes significantly.

By providing respite in the form of tailored assisted living for their loved ones with Parkinson's disease, it enables carers to take care of themselves. The flats at Identity First offer both long and short stay options, further enhancing their adaptability to individuals needs. These flats are based on the existing site function of an almshouse, which traditionally offers care and support through housing to those who need it most.



SUPPORTING INDIVIDUALS WITH PARKINSON'S



SUPPORT FOR FAMILY & CARERS