



**danfloor**  
An Ulster Group Company

DESIGN FOR  
**MENTAL HEALTH**



# CREATING A THERAPEUTIC ENVIRONMENT

ECONOMIX

EQUINOX™  
COLLECTION



Enhancing the Healing Environment a programme introduced by The Kings Fund states “The environments in which we live and work have a profound influence on our physical and psychological well-being. In healthcare settings the environment can support recovery and well-being and has a real effect on patients’ perception of the care they receive. This goes beyond the necessity for cleanliness, infection control and the preservation of an individual’s privacy and dignity, to creating spaces that are fit for purpose and comfortable. Research has repeatedly confirmed that a supportive and welcoming environment can have positive effects on both those who visit hospitals – whether as patients or visitors – and those who work in them”

Research also suggests that recovery times can improve when an individual is cared for in an attractive and therapeutic environment. Floor finishes should not only offer functionality and practicality but should also help to improve the indoor environment, which is particularly important where recovery is of paramount importance.

Carpet may not be suitable for all locations of a mental health facility but in corridors, communal areas and bedrooms carpets can have a profound effect on improving what can be a very clinical environment. Ian Callaghan from Recovery and Outcomes, and an ex-service user himself, visits secure units and notes that “some carpeting would enormously improve an otherwise ‘cold’ environment. People like myself in secure units are there for often many years, and home comforts are few and far between. A carpet could therefore make a real difference”

# REASONS TO CHOOSE CARPET WHEN DESIGNING FOR MENTAL HEALTH

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## Acoustics



By installing carpets much of the sound within a room is absorbed thereby reducing sound reverberation. Carpets also help to improve the acoustics of a room by reducing impact noise. This relates to the control of sound from one space to another and helps to create a calm and peaceful environment which is essential for mental health facilities.

Sleep is essential for maintaining a clear state of mind and for recovery. Lack of sleep can also affect how you feel physically and mentally. Mental Health Facilities can be noisy places both during the day and night, therefore the installation of carpets within corridors and bedrooms can assist with absorbing unwanted noise, which in turn helps service users to filter out unwanted noise and aids rest, relaxation and the reduction of stress levels.

Services users should also be able to play music, either as a form of expression or to aid with relaxation, and be able to do this without affecting other residents. Again with the installation of carpets the impact of sound and music on others can be reduced.



## Indoor Air Quality



Carpets can also help to improve indoor air quality and in turn contribute to a healthier living environment. Throughout the last 10 years there have been numerous studies into the use of carpet versus hard floor surfaces and what effect these two flooring solutions have on air quality.

Fine dust can present a significant health hazard, especially for allergy sufferers, as particles may cause irritation when they are breathed in and enter the respiratory tract. Many of the studies suggest that carpet retains dust particles, unlike hard surfaces where they regularly become airborne.

If carpets are regularly vacuumed these particles, and allergens that are bound within the carpet fibres, are removed from the room without causing discomfort.



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## Cleaning and Infection Control



"I think the argument against carpet on the grounds of infection control is a spurious one as I know there are many products on the market that help guard against such risks. I spent some time on a ward where there were carpets in all bedrooms and communal areas and infection control was certainly not an issue" - Ian Callaghan Recovery and Outcomes and Ex Service User.

Common misconceptions with carpets is that they are not efficient in assisting with infection control, that they retain dirt and are difficult and expensive to clean. All of which shouldn't be an issue with a danfloor carpet that is installed with an effective cleaning and maintenance schedule.

Firstly the fibres used within our Economix range come with a permanent anti-microbial coating. Mædical i-Link, the antimicrobial treatment, deactivates harmful micro-organisms, including the bacteria that causes MRSA, when they come into contact with the carpet fibres. The treatment inhibits the growth of bacteria, fungus and mould which can contribute to unpleasant carpet odours. It is a revolutionary technology that guarantees optimum freshness and hygiene for textiles, even after intensive use and frequent commercial cleaning.

In addition to this the structure of the carpet yarn we use within the ECONOMIX range reduces soil adhesion and prevents dirt from becoming embedded within the carpet fibres, making soil removal easier and the appearance of dirt particles less visible. Furthermore the solution dyed special polymer repels acid stains, minimising their chemical adhesion, therefore keeping your investment looking good for longer and assisting with any cleaning and maintenance schedule.



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## Cost Savings



Compared with a hard flooring finish carpet adds a warm and welcoming feel to any room and provides a soft cushioned layer for extra underfoot comfort. Carpets also have an added advantage of improving energy consumption due to a lower level of heat conduction. It is estimated that up to 30 days of heating can be saved by installing carpets, resulting in a 4-6% energy saving and a consequent reduction in energy costs.

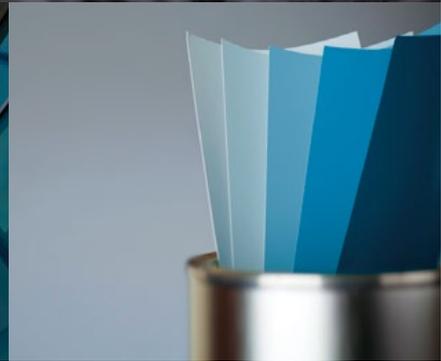
The total life cycle costs of installing and maintaining carpets has been proven to be more economical than those of hard flooring solutions. Various studies and reports state that the total life cycle costs of hard flooring solutions can be up to two times higher than those of carpet (depending upon application and intensity of use).

Research also suggests that on an annual basis cleaning times for hard surface floors is two and a half times longer than what is required for carpets and that cleaning supplies for vinyl floors are up to 7 times more expensive than those required for cleaning carpets. Therefore a reduction in maintenance time and cost saving benefits can also be achieved with the installation of carpets as opposed to hard floors.



DESIGNED FOR  
DEMANDING  
ENVIRONMENTS

ECONOMIX



For installations within mental health facilities we would recommend our ECONOMIX range, which is big on features but small on the environment. Manufactured using the 100% sustainable ECONYL yarn, ECONOMIX offers outstanding performance features and a full palette of trend colours.

ECONOMIX combines all our innovative performance features including; Mædical i-Link, our anti-microbial coating, a soil and stain resistant yarn and an impervious membrane, ensuring the range provides a flooring solution that is fit for the demands of the mental health sector whilst also facilitating the creation of stunning interior design schemes.

In addition the range also offers excellent environmental credentials. The ECONYL solution dyed nylon yarn is made from post-consumer waste, including items like abandoned fishing nets, making the range 100% sustainable and fully recyclable, whilst helping to reduce the amount of waste materials in the ocean.

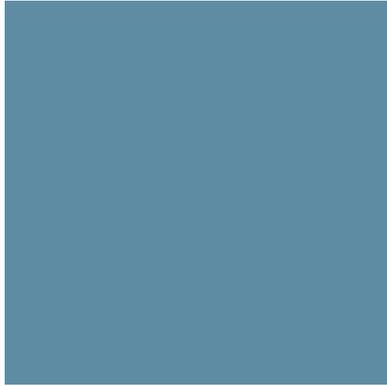
Our Economix range offers durability and comes with a comprehensive wear warranty giving you that added peace of mind that you are investing in a flooring solution that is fit for purpose and built to last.

For more information about our ranges or to request samples visit [www.danfloor.co.uk](http://www.danfloor.co.uk)

For more information about Ian Callaghan and Recovery and Outcomes visit [www.recoveryandoutcomes.org](http://www.recoveryandoutcomes.org)

**ECONYL**<sup>®</sup>

mædical<sup>™</sup>  
i-LINK



Innovative Carpet Solutions



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