



## Adapt an apartment: Bedroom

- 1. Principle 5:** This wardrobe was designed with an open section to display a selection of clothes, shoes and everyday items that are easy to see and accessed. This reduces confusion by minimising choice for a person living with dementia. For example, the next day's outfit can be hung on an open shelf ready to be worn the next morning. The rest of the garments can be stored away from sight until they need to be used again.
- 2. Principle 5:** The overall design of the bedroom uses warm colours which creates a homely and comfortable feel. Using warm colours make the space more inviting, and to give the impression of a warmer temperature colour.
- 3. Principle 5:** Ensure even lighting with a minimum light level of 300 lux.
- 4. Principle 7:** Remove clutter but maintain familiarity in the environment through the inclusion of photographs and objects that are important to the person.
- 5. Principle 3:** Use labels with words/ images on drawers to enable the person living with dementia to find items without assistance.
- 6. Principle 1 and 6:** Remove clutter and rugs that could be tripped over and tables and chairs that may be in the way.