



Care environments: Bedroom

- 1. Principle 4:** Blackout or blockout blinds can encourage a good night's rest and reduce the possibility of the person living with dementia seeing shadows and illusions.
- 2. Principle 4:** Some people with dementia may find glare and reflections from reflective surfaces confusing and frightening, so to avoid this, keep the TV in a closable cabinet where it can be hidden when not in use.
- 3. Principle 3:** Keep the door open and ensure unobstructed sight lines from the bedroom to the toilet. This will allow for the bathroom to be located easily. Ensure that there are clear colour contrasts between the door and the door frame so that the person living with dementia can locate the bathroom quickly and easily.
- 4. Principle 1:** Consider installing a recessed ceiling hoist (that runs continuously from the bed to the bathroom) to ease the transfer of immobile people and reduce the risk to care workers.
- 5. Principle 3:** Ensure clear colour contrasts between the wall, the light switch box and the switch itself so that it can be identified without difficulty.
- 6. Principle 3:** A clock that denotes whether it is day or night may help a person living with dementia to know whether it is time to wake up or time to sleep.
- 7. Principle 5:** Ensure even lighting with a minimum light level of 300 lux.
- 8. Principles 3 and 6:** Use a PIR (Passive Infra Red) motion sensor light to aid wayfinding to the bathroom at night. When motion is detected at a specified height the bedside lamp automatically lights up illuminating the way to the bathroom. Consider using sensor alerts to inform staff if the person has got up during the night to reduce unnecessary intrusions from regular checking.
- 9. Principle 7:** Maintain familiarity and identity in the environment through the inclusion of personal photos and objects that are meaningful to the person living with dementia.
- 10. Principle 4:** Some people with dementia may not recognise their reflection in a mirror and think a stranger is in the room. Consider removing or covering mirrors if this becomes a problem.
- 11. Principle 3:** To aid accessibility, use a dementia specific wardrobe which reduces confusion by minimising choice. Only a few clothes are visible on open shelving or through a non-reflective glass panel. The next day's outfit can be hung on an open shelf ready to be worn the next morning while the rest of the garments can be stored away from sight till they need to be used again.
- 12. Principles 1 and 6:** Vinyl is softer and safer than conventional hardwood or tile flooring.
- 13. Principle 3:** In order to aid wayfinding to the bed ensure prominent colour contrasts between the floor, the bed-head and the cover sheet; and between the cover sheet and the pillow.
- 14. Principle 10:** Include a comfortable sitting area in the bedroom.