



## Care environments: Quiet room

- 1. Principle 4:** If needed, blinds can be used to shut out unwanted stimuli from the outside, such as overly bright lights and distracting noises. They also allow for privacy to be maintained.
- 2. Principles 5 and 10:** Consider using a variety of sensory items, relevant to the person to enable quiet engagement opportunities.
- 3. Principle 2:** A quiet room is a private and quiet secluded area for an individual or small group. A small settee is a good place for an intimate gathering.  
**Principle 8:** It can be used by family members/visitors to provide private social space.
- 4. Principles 5 and 10:** Consider using textured wall hangings and soft furnishing to absorb sound and maintain a quiet environment.
- 5. Principles 3 and 6:** Consider using a motion sensor light, which turns on when movement is detected in the room and automatically becomes dimmer when there is no movement (for example when someone falls asleep in the armchair).
- 6. Principle 5:** An electric aromatherapy diffuser can be used to add to the sensory experience.
- 7. Principle 10:** The quiet room can be used as a study for quiet activities like relaxing and reading the newspaper.
- 8. Principles 9 and 7:** The quiet room can also be a good place to relax and listen to a favourite record.