



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. (See the info page on "Sound").

2) Principle #5; Principle #10: Consider using dolls, robotic pets and sensory items for quiet engagement opportunities. (See the info page on "Sensory Environments").

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: A quiet room can be used by family members/visitors to provide

private social space.

4) Principle #5; Principle #10: Consider using textured wall hangings and soft furnishing to absorb sound and maintain a quiet environment. (See the info pages on "Sound" and "Sensory Environments").

5) Principle #3; Principle #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). (See the info page on "Lighting" for more helpful tips).

6) Principle #5: An electric aromatherapy diffuser can be used to add to the sensory

experience. (See the info page on "Sensory Environments").

7) Principle #10: The Quiet Room can be used as a Study for quiet activities like relaxing and reading the newspaper.

8) Principle #9; Principle #7: The quiet room can also be a good place to relax and listen to a favourite record. (See the info page on "Sensory Environments").

