



ADAPT A HOME : BATHROOM (ENSUITE)

1) Principle #3: Keep the door open and ensure unobstructed sight lines from the bed to the toilet. This will allow for the bathroom to be located easily (see the info page on “Orientation and Way-finding”)

Principle #3: To allow for the door handle to be located easily, ensure that the colour of the door handle contrasts with the colour of the door (see the info page “Colour Perception and Contrast”).

Principle #1: Ensure that doors are unlockable from the outside

2) Principle #5: Include natural sensory stimulation in the environment and keep the temperature comfortable by allowing for good ventilation, fresh air and sunlight from outside.

3) Principle #3: Use a coloured toilet seat that contrasts with the toilet, to ensure that it can be seen easily.

Principle #1: Install a grab-rail next to the toilet and remove the toilet roll holder if it is being used for support

Ensure that items to be used such as the toilet roll are located so that they can be easily seen and therefore used.

4) Principle #1: Convert to a hand-held shower to make assisting with showers easier.

5) Principle #1: Ensure that grab rails are securely fixed to the wall

Principle #3: Choose grab rails that are of a clear contrasting colour to the wall (see the info page on “Colour”).

6) Principle #1: Remove the shower curtain which may be dangerous if used as a support. Instead, consider replacing it with a fixed shower screen

7) Principle #5: Heat lamps can be

installed to keep the bathroom warm even in the winter months.

8) Principle #1: Consider installing a shower seat to make showering easier.

9) Principle #3: Consider using a Passive Infra-Red (PIR) light (a motion activated light) which can greatly aid way-finding to the bathroom at night-time (see the info page on “Lighting”)

10) Principle #1: Use covers for sockets or consider switching to outdoor waterproof sockets.

Ensure that your home has a working RCD (Residual Current Device) as the ‘trip switch’ will prevent electrical shocks especially in wet areas such as the bathroom.

11) Principle #4: Some people with dementia find glare and reflections from mirrors confusing and frightening.

Consider removing or covering mirrors with a blind if needed.

12) Principle #5: Ensure even lighting and check that your bathroom is adequately lit to achieve a minimum light level of 300 lux (see the info page on “Lighting”).

13) Principle #3: Ensure that commonly used items such as soaps and shampoo are located so that they can be seen and therefore used easily

14) Principle #7: Use fixtures that are more familiar to the person with dementia,

such as cross-head taps

Principle#1;Principle#6: Flood prevention and detection devices can be utilised to prevent water damage and slips/falls. For example a pressure activated plug can prevent the sink from overflowing.

Principle #1: Get a plumber to install thermostatic mixing valves for the main water supply or hot water cut off devices to prevent scalds from very hot water.

15) Principle #10: Create a bathroom that is warm, inviting and also safe. Use

warm colours to make the space inviting, and to give the impression of a warmer temperature (see the info page on “Colour”)

Principle #5: Use textures (for examples, soft towels) to add sensory variety to the space.

