



## ADAPT A HOME : BEDROOM

**1) Principle #4:** Blackout blinds can encourage a good night's rest and reduce the possibility of the person with dementia seeing shadows and illusions cast onto curtains from external light sources.

**2) Principle #3:** In order to aid way-finding 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 (see the info page on "Colour Perception and Contrast").

**3) Principle #1; Principle #6:** Remove clutter and rugs that could be tripped over and tables and chairs that may be in the way

**4) Principle #3:** To aid accessibility, remove doors from wardrobes so that clothes can be seen easily. A dementia-specific wardrobe reduces confusion by minimising choice. 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.

**5) 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.

**6) Principle #7:** Remove clutter but maintain familiarity in the environment through the inclusion of photographs and objects that are important to the person

**7) Principle #3:** Consider using a plug-in motion sensor light to illuminate the way to the bathroom at night (see the info page on "Lighting").

**8) Principle #5:** Ensure even lighting with a minimum light level of 300 lux (see the info page on "Lighting").

**9) Principle #3:** A clock that denotes whether it is day or night may help a person with dementia to know whether it is time to wake up or time to sleep.

**10) 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. (See our info page on "Colour Perception and Contrast").

**11) 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 our info page on "Orientation and Way-finding")

Ensure that there are clear colour contrasts between the door and the door frame so that the person with dementia can locate the exits easily (see our info page on "Colour Perception and Contrast" for more helpful hints).

