



## Adapt a home: Bathroom (ensuite)

- Principle 1:** 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. **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. **Principle 1:** Ensure that doors are unlockable from the outside.
- 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.
- Principle 3:** Use a coloured toilet seat that contrasts with the toilet, to ensure that it can be seen easily.
- Principle 1:** Convert to a hand-held shower to make assisting with showers easier.
- 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.
- Principle 3:** Use non-reflective tiles in order to reduce glare. **Principle 1:** Ensure that surfaces especially on the floor are non-slip.
- Principle 5:** Heat lamps can be installed to keep the bathroom warm even in the winter months.
- Principle 1:** Remove the shower curtain which may be dangerous if used as a support. Instead, consider replacing it with a fixed shower screen.
- Principle 3 and 6:** Consider using a Passive Infra-Red (PIR) light (a motion activated light) which can greatly aid wayfinding to the bathroom at night-time.
- Principle 1:** Use covers for sockets or consider switching to outdoor waterproof sockets. To ensure electrical safety use an RCD (Residual Current Device) as the 'trip switch' will prevent electrical shocks especially in wet areas such as the bathroom.
- Principle 4:** Some people with dementia find glare and reflections from mirrors confusing and frightening, so if this is the case consider removing or covering mirrors with a blind that matches the surrounding wall colour.
- Principle 5:** Ensure even lighting to achieve a minimum light level of 300 lux.
- Principle 3:** Ensure that commonly used items such as soaps and shampoo are located so that they can be seen and therefore used easily.
- Principle 7:** Use fixtures that are more familiar to the person living with dementia, such as cross-head taps rather than mixer taps. **Principles 1 and 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:** Thermostatic mixing valves for the main water supply or hot water cut off devices can be utilised to prevent scalds from very hot water.
- Principle 3:** If possible, adapt to a 'hobless' shower area which has continuous level flooring.
- Principle 1:** Consider installing a shower seat to make showering easier.