



## Adapt an apartment: Bathroom

- Principle 1:** Consider installing a shower seat to make showering easier. **Principle 3:** Choose a fold down shower seat that is in a clear contrasting colour to the wall.
- 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 1:** To ensure safety in the bathroom use a floor surface is non-slip. **Principle 3:** Use non-reflective tiles in order to reduce glare.
- 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 7:** Use fixtures that are more familiar to the person living with dementia, such as cross-head taps rather than mixer taps.
- Principle 3:** Items placed on soap dish in the shower enables people to find items easily and use them.
- Principle 1:** Remove the shower curtain which may be dangerous if used as a support. Instead, consider replacing it with a fixed shower screen. In this case, coloured patterned has been used for safety on the fix shower screen to allow it to be highly visible.
- Principle 4:** Some people living 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. In this case there is a bulkhead to conceal the blind to be used when required to hide the mirror.
- Principle 5:** People with dementia require greater than average light levels. Check that your house is sufficiently and evenly lit to reduce shadows and to achieve recommended lux levels of 300.
- Principle 3:** Ensure that commonly used items such as soap, toothpaste and toothbrushes to be located around basin so that they can be seen and therefore used easily. Placing items on the open shelving assists in allowing items such as shampoo and other toiletries to be easily seen and used daily.
- Principle 5:** Create a bathroom that is warm, inviting and also safe. Use warm colours to make the space more inviting, and to give the impression of a warmer temperature colour. In this case, the overall design uses warm finishes on cabinet, floor accessories. The walls are a combination of neutral and cool calming colours that not only emphasis colour contrast but create a soothing space.