



## Care environments: 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 1:** A call button can be installed next to the toilet in case of an emergency.
- 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. **Principle 3:** Ensure that items to be used such as the toilet roll are located so that they can be easily seen and therefore used.
- 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:** Use a hand-held shower to make assisting with showers easier.
- Principle 5:** Keep the temperature comfortable by allowing for good ventilation, fresh air and sunlight from outside.
- Principle 1:** Install a recessed track for a ceiling hoist (that runs continuously from the bed to the bathroom) to ease the transfer of immobile people and reduce the risk to care workers.
- Principle 5:** Heat lamps can be installed to keep the bathroom warm even in the winter months.
- Principles 3 and 6:** Make locating the toilet at night easier by using a Passive Infra-Red (PIR) light which detects movement and turns on automatically when someone enters the bathroom. Ensure even lighting and check that the bathroom is adequately lit.
- Principle 1:** Install a call button next to the shower so that it can be reached easily.
- Principle 1:** Install a shower seat to make assisting with showering easier.
- 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. **Principle 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 5:** Create a warm and inviting bathroom. Carefully consider colour and textures to add warmth and sensory variety to the space. For examples, soft towels in warm colours.
- Principle 3:** Use non-reflective tiles in order to reduce glare. **Principles 1 and 6:** Ensure that surfaces especially on the floor are non-slip. 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.
- Principle 3:** Ensure a 'hobless' shower area which has continuous level flooring.