



## CARE ENVIRONMENTS : LIVING AREAS

**1) Principle #9:** To instil a sense of identity throughout the home, encourage people to bring objects out of their bedrooms and into the shared spaces. This reinforces sense of identity in the communal space.

**2) Principle #5:** Keep curtains open during the day to let in natural light. Use a tie-back to get maximum light benefit.

**Principle #4:** Avoid bold patterns on curtains which may be confusing or disturbing to a person with dementia

**3) Principle #4:** Ensure appropriate diffuse lighting and window treatments to reduce glare and reflections.

**Principle #5:** People with dementia require greater than average light levels. Check that your home is sufficiently lit and that lighting is even to reduce shadows.

Provide a variety of light sources to ensure that light is even and to augment the

overall light levels as required. (See the info page on "Lighting" for tips on using a Light Meter to accurately measure lux levels).

**4) Principle #10; Principle #7:** Handmade tapestries showcase the personality of those who live there. Including these in the environment can instil a greater sense of familiarity and belonging in communal spaces.

**Principle #4:** Soft textured fabrics absorb sounds and can help improve the acoustic quality in a space.

**5) Principle #3:** Ensure that frequently used communal spaces such as the Living Area allow for clear sight lines to the W.C. so that it can be located and used easily. (See the info page on "Orientation and Way-finding").

**6) Principle #3:** A door with contrasting coloured door frames and handles allow

it to be seen easily and can therefore encourage movement through to the other rooms

**7) Principle #3:** To help with temporal orientation consider using a clock which clearly displays the time, day and date on a large face or in bold numbers so that it can be seen easily. (See the info page on "Orientation and Way-finding" for more helpful tips on assistive technology).

**8) Principle #10:** Include a variety of furniture in a range of styles and heights to create an inviting, 'homely' and non-institutionalised feel.

**Principle #7:** Furniture must be recognisable and relate to the generation of the people using it.

**Principle #1:** Chairs must be comfortable and have good back and arm supports so that people can get in and out of them easily.

9) **Principle #4:** To add interest yet avoid overstimulation, use a variety of subtly patterned or textured upholstery in a similar colour

**Principle #5:** Ensure that the colour of the chairs clearly contrasts with the colour of the carpet. This will allow them to be clearly identified in the environment (see the info pages on “Colour”).

Use different textures in the living room to add sensory variation to the space. For example, a knitted throw on the couch, sensory cushions etc.

10) **Principle #2; Principle #9:** Create smaller intimate seating areas as gathering spaces to encourage socialisation. Avoid chairs lined up around the outside walls.

11) **Principle #10:** Encourage self engagement in activity by creating opportunities for it throughout the environment.

12) **Principle #1; Principle #6:** Ensure ample circulation space. Remove rugs and excess clutter from the main circulation space to reduce the possibility of trips and falls.

**Principle #3:** To allow the person with dementia to see the environment clearly, ensure that the flooring is of a contrasting colour to the furniture. Avoid bold patterns or flecks on carpeting (see the info pages on “Colour”).

