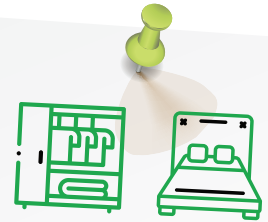


BEDROOMS

How can a person living with dementia be enabled to find and feel at home in their bedroom, within a residential care home?

Moving to live in a residential care home is a major life transition. A person living with dementia is especially likely to feel anxious and insecure at the beginning as so much is unfamiliar to them: the environment, the people and the routines. Of all the areas within a care home, a person's bedroom is where they are likely to feel the most safe and start to feel at home, surrounded by their own special items. In a shared bedroom, it is particularly important for a resident to be able to recognise and control their own private part of the room.

Staff need to work with residents and families to create bedrooms with personal character and feel, while also considering the health and safety requirements of the residents (for more on this, see the Aged Care Quality Standard 5, Requirement 3a). This process can help the care team come to know the person's life story.



Encouraging residents to include familiar items in their rooms helps create a sense of involvement, recognition and personalisation that is reinforced from their first waking moment each day.



What you can do now

- ☐ When a new resident moves in, avoid pre-decorating their bedroom before they have a chance to discuss what they would need and like in the room.
- ☐ Individualise bedroom doors to clearly distinguish them from other doors in the corridor.
- ☐ Position familiar items so that they are visible when the door is open (e.g. bedspread or favourite armchair).
- ☐ In a shared room create a personalised bed area through colour, artwork, furniture etc.
- ☐ Contrast fixtures and fittings such as door and drawer handles.
- ☐ Make sure the light over the bed does not shine directly into a person's eyes.



What you can plan for the future

- ☐ Identify each bedroom door through design, texture or colour, and continue the theme into the room.
- ☐ Design to maximise space for mobility aids and extra furniture.
- ☐ Provide furniture that is familiar and easy to use (e.g. a wardrobe that looks like a wardrobe and is specifically designed to support the person with dementia).
- ☐ Reduce visibility of clinical equipment (e.g. recess ceiling hoists).
- ☐ Provide easy access to resident aids such as light switches and call bells.

Key Design Principles: Principle 3 Allow people to see and be seen, Principle 5 Optimise helpful stimulation, Principle 7 Create a familiar place
<https://dta.com.au/resources/environmental-design-resources-introduction/>

Aged Care Quality Standards: Standard 1 Requirement (a) Each consumer is treated with dignity and respect, with their identity, culture and diversity valued. Standard 5 Requirement (a) The service environment is welcoming and easy to understand, and optimises each consumer's sense of belonging, independence, interaction and function.

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Consult the DTA Environments team for advice and support in making your environment dementia friendly

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