

**Clock with day, date & time and  
Telephone with large numbers and  
photograph speed dials**



# Chest of Drawers





## Environmental Design

# Lighting

Our sight is one of our most important senses helping us

- understand and interpret our surroundings
- read visual cues such as door signs, prompts
- participate in activities
- keeping us safe and reducing chance of falls

**As we age so do our eyes** and we need to consider lighting levels in order help people see well within their environment

### Some tips to consider when improving lighting:

#### **1. Increase the amount of light to TWICE “normal” levels**

*-people over 75 years need twice as much light as suggested in normal lighting recommendations , and nearly four times as much as a 20year old in order to see satisfactorily*

-increased lighting helps reduce shadows, making it easier to see what’s actually there

-check fittings and shades and where possible increase the bulbs to the next wattage eg 60W rather than 42W

-consider increasing the number of light fittings available

-think about lighting for specific tasks eg extra light at tables, were people might be reading

-use supplementary free-standing adjustable lights eg 300W uplighter with 40W reading light

-clean light fittings and replace light bulbs as recommended in maintenance schedules: *\*\*new style energy saving bulbs become dimmer over time\*\**

#### **2. Use “domestic-style” light fittings**

-use domestic style fittings wherever possible reinforcing sense of home

-consider fitting chandelier style fittings which have more bulbs eg 5 bulbs instead of 3

-in bedrooms provide additional table lamps, and changing the duvets to a light colour will help reflect light

-consider light colours for walls, ceilings to reflect light

-avoid dark carpets, curtains, furniture and soft furnishing



Environmental Design

## Colour and Floor Coverings

### Colour

Walls:

- Avoid bold patterns and high contrasting borders, stripes or wallpaper with real life objects, as this can be confusing.
- Muted or plain walls should be used but need not be dull/ sterile.
- Eggshell or Silk finish paint is recommended as it reduces glare.
- **Skirting boards and doorframes should be in a contrasting colour to walls and doors.**

Curtains:

- Curtains should be plain or muted in design and in colour to contrast with the walls.
- Avoid heavy and dark colours unless the objective is to block out light (for example you may want to use dark colours/blinds in bedroom in order to shut out light to aid sleep).

Furniture:

- Colour of chairs should be contrasting to floor and chair arms should be a contrasting colour to seat to improve visibility. Throws can be used to individualise chairs.
- Tables should be contrasting colour to floor (e.g. pine table against grey flooring)
- Beds - Bed spreads should be in contrasting colour with flooring and other decorations. Patterns of covers should be subdued and free of pictures of real life objects

Toilet:

- Toilet seats should be a contrasting colour to the pan to assist with positioning for sitting and direction for standing males
- Use traditional looking toilets. Lever handles and pull chains should clearly contrast
- Make sure that toilet roll holders are within easy reach and are a contrasting colour to the background wall. Using a different coloured toilet roll can also assist visibility.



## Environmental Design

# Clutter

**Over stimulation** can occur within care home environments due to levels of business; lots of people, lots of different sounds and noises (TV's , alarms, phones) and lots of information displayed on walls

People with dementia have increasing difficulty screening out unwanted stimuli and so overstimulation can result in increased confusion, anxiety and agitation

**De-cluttering the visual environment** is important when considering how to make it as easy as possible for people to continue to move around safely and engage in day to day activities

### 1. Signs and posters

-consider the content and display signs and posters only in areas where they are necessary

-as far as possible do not display information or posters in living areas

-remove as many unnecessary signs, posters, information as you can in other areas such as entry ways to make the important and wayfinding information stand out, reducing confusion

-see handout on **signage** for more detail in this area

### 2. Encouraging activity

-in relevant areas like bathrooms, kitchen spaces ensure items are visible and accessible and not either hidden away or covered up

-open shelving or open fronted cupboards (with clear glass doors) make finding objects easier

**If you would like any more detailed information on**

*Please contact the occupational therapist linked to your region*

OT Name:

OT contact number:

# Lockable Plug Cover



The **Lockable Plug Cover** can be used to prevent any tampering of plugs around the home.

- Fitted using a screwdriver in minutes
- Two keys provided
- Compatible with double-sockets (no single-socket version available yet)

The lockable plug cover is very useful around the home of a person with Alzheimer's or dementia, ensuring that certain home appliances cannot be turned off by accident from the mains power, such as fridges, computers, or any number of other appliances.

Easily fitted - simply loosen the two screws on a standard UK double plug socket, slip the protective cover over the top, and tighten the screws.

The only way to open the Lockable Plug Cover is by using one of the two keys provided.

## Plug Size Warning

The Lockable Plug Cover can only be used with standard sized plugs, and not larger plugs that are used on some AC/power adapters.

## Magiplug Basin Plug



[View page with smaller image](#)

**Magiplug Basin Plug.** The Magiplug Basin Plug is an ingenious and multi-functional bathing aid that helps to prevent the risk of both scalds and overflows. It has a patented pressure release mechanism that enables the user to set the water level to a specific depth. Any water above that level is allowed to escape, so it will prevent flooding and subsequent damage to the property if, for example, a tap is left unattended. The plug also incorporates a heat sensitive pad that will change colour when the temperature reaches 36 degrees Celsius. This provides a useful visual warning about the possibility of over heating.

- One Magiplug Basin Plug, for basin
- Attaches easily to an existing plug chain
- Prevents flooding and property damage
- Visual heat indication helps prevent scalds
- Overall diameter 70mm (2.75 inches)
- Diameter of plughole 38 - 44mm (1.5 - 1.75 inches)

# Memo Minder MKII

EL00041

The original Memo Minder was a massive success being used as part of the Home Office evaluated Distraction Burglary Kit. The Memo Minder was the single most successful element of a 1300 home evaluation. It achieved an 80% improvement in good door step practice.

The MemoMinder MKII offers:

- Improved crystal clear sound quality
- IR motion detector with controlled detection range
- Wall Mountable
- Automatically replays your digitally pre-recorded message of up to 20 seconds long
- Battery operation (4 x AA supplied)
- Can be mains powered, please contact our team for information



# Memo Minder Plus

EL00040

Designed to help combat door step crimes - sneak in, walk in, follow through, bogus callers and distraction burglars. The Memo Minder Plus operates in two directions. Two sensors detect direction and play a different user recorded message.

- Battery Operated
- Bi-directional operation
- Digital Recording
- 1 year warranty



## Red Grab Rail - 450mm



[View page with larger image](#)

Measuring 450mm in length, this Red Grab Rail is the smaller of two versions. It is designed for maximum visibility, its high contrast colour making it very noticeable when affixed to a bathroom wall. As a result, it tends to be much more recognisable to people dealing with visual impairments or dementia, so it can reduce the risk of falls whilst also acting as an aid to independent living. A further safety feature is its ribbed surface, which has a non-slip texture that provides a safe support, even when wet.

Product Specification:

- One Red Grab Rail
- Size: 450mm (18")
- Sturdy grab rail easily fixes to walls
- Ideal for people with visual impairments
- Reduces the risks of trips and falls
- Non-slip surface provides excellent support
- Promotes freedom and independence

# Wardrobe

