

Bedroom

Seasonal clothing options for storage and dressing

Talking alarm clock

Relaxing environment and routine

Comfortable temperature, nightwear, bedding, insulation and limit clothing to seasonal choices

Automated climate control

Home automation system – good night button near the bed, locks doors and windows and turns off lighting

Lighting – minimise glare and reflections, provide sensor lights and appropriate lighting levels, curtains

Water proof carpet and furnishings

Chair and bed occupancy sensors

Motion detectors – bed occupancy sensors, infra red door beams, sound and movement monitor

Emergency call assistance button

Electronically operated bed, incontinence mattress protector

Sensor Lights activated by movement when person gets up during night to go to toilet

Person Centred Response and Ethics
When considering and introducing new technology or changes in the home it is important to keep in mind how the person with dementia relates to their environment. Make sure your strategies are person centred, ethical and respect the rights and needs of the individual. Where possible, involve them in the decision making process and test the item with them.

Level floor – circulation space around the bed

These are common issues a person with dementia may experience in the bedroom:

Independence

- finding things
- locating the toilet during the night
- getting in and out of bed
- dressing

Safety and security

- locking up
- wandering at night
- sleep disturbances
- temperature and lighting

Leisure and lifestyle

- rest and relaxation



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