

Activities

An activity for staff in care settings

- **Walk around a bedroom and see what changes would make it more dementia friendly.**
- **Is the bed recognisable?**
- **Is there anything you could do to make the bedroom safer?**
- **How dark is it at night?**
- **Try sitting in the room in the dark and see where there are chinks of light. Where would you end up if you followed the light, and is this a problem?**

An activity for home care staff

Read this feature on bedrooms and consider how the issues apply to two or three of the people you work with.

Think about the bedrooms of these homes and consider:

- **Is there anything you could do to make the bedroom safer?**
- **What changes would make the bedroom more dementia friendly?**

Suggesting changes to a person's private home may not be appropriate or necessary. Even so, it may be that you could suggest small practical changes based on this material or, if the person's needs are more substantial, refer the person for specialist input from an occupational therapist.