

Activities

An activity for staff in care settings

Think about what people mean when they say they are 'being kept in the dark...'.
It often means something unpleasant and demeaning. The person with dementia sometimes feels as if they are entering a dark phase of their life anyway.

How can you make things brighter for the people you work with?

Select a room and see what could be done to improve the lighting.

Is it possible to challenge the rules that say what lights are allowed for low-energy purposes?

Activity for home care staff

Think about what people mean when they say they are 'being kept in the dark...'.
It often means something unpleasant and demeaning. The person with dementia sometimes feels as if they are entering a dark phase of their life anyway.

How can you make things brighter for the people you work with?

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

Then think about the following question:

- **Think about the main room each person spends their time in: what is the lighting like in this room and is there anything that could be done to improve it?**

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 or a sensory impairment advisor.