



# Environment Activity Cards – Series 3

## Hiding unimportant things, emphasising important things

These Environment Activity Cards aim to spark conversations among staff, residents and visitors about residential aged care and retirement living buildings. This set of cards focuses on sounds and sights within a building. How can we avoid unnecessary noise, glare and clutter? What makes it easier for a resident to find their way around a building? Are there ways of helping someone to know where they are in a building?

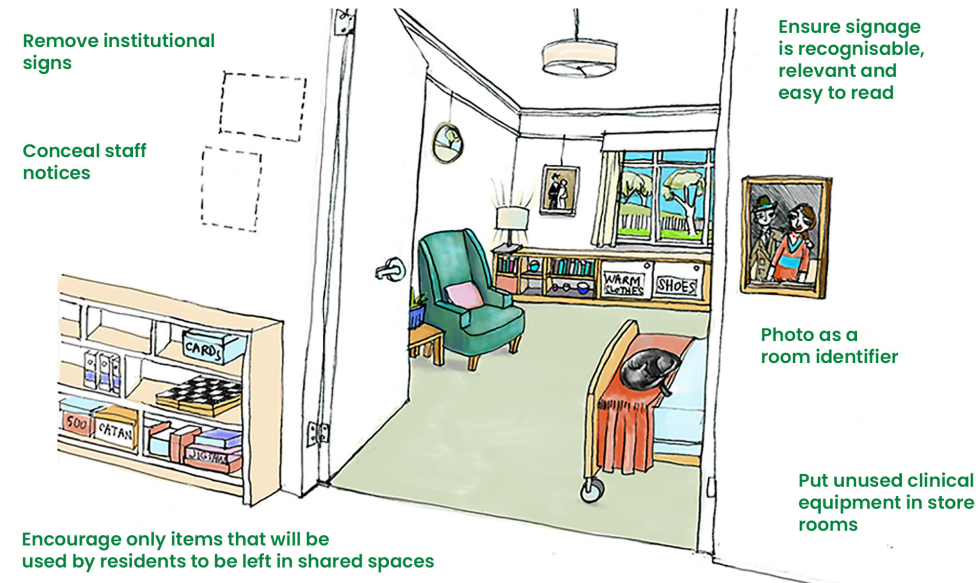
**Series 3 asks you to consider what makes someone feel that a place is their home, and what gets in the way of being able to function well.**

Each card suggests changes that can improve a resident's quality of life.

## Activity Card 3.1

### Remove Clutter

Set up a decluttering program with staff that involves putting away anything that does not look like it belongs in someone's home.



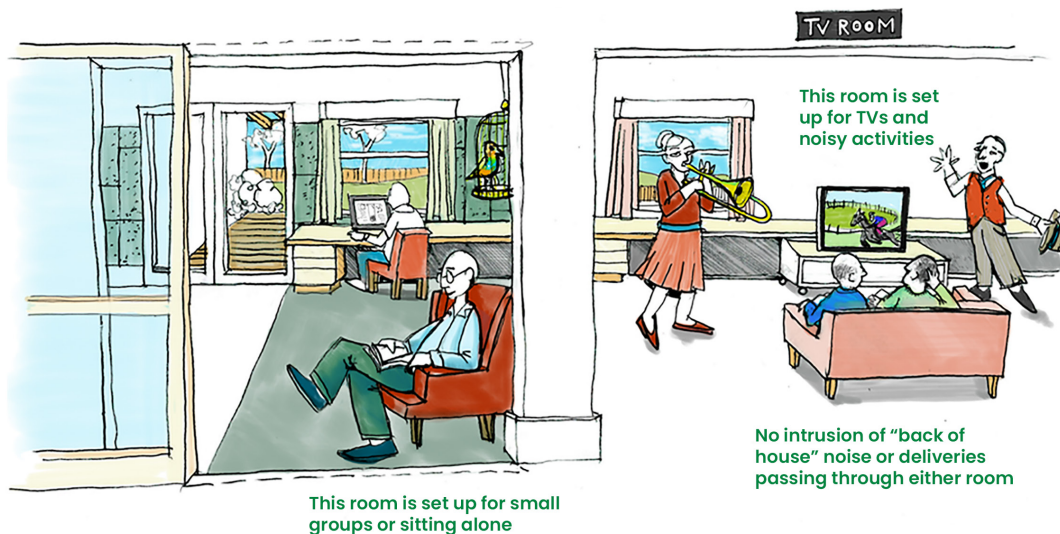
Design Principle 4 & 5 Managing Stimuli  
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## Activity Card 3.2

### Reduce Noise

Provide separate areas for loud activities (such as a group program or watching a communal television) and quieter activities (such as talking in smaller groups).



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## Activity Card 3.3

### Increase Light Levels, Limit Glare

As we age, our eyes need more light, better tonal contrast and less glare in order to be able to find our way around a room. What can you do to help offer this?

Sufficient natural lighting in corridors to minimise artificial lighting during the day

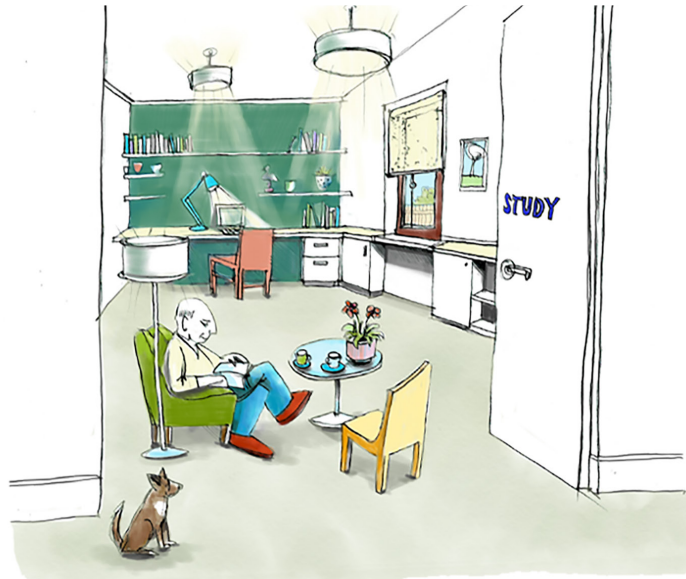
Higher levels of general lighting with dimmer control for night-time

Task lighting for reading, cooking and other activities

Light fittings and shade diffuse light

Avoid highly reflective surfaces

Avoid down lighting that shines directly into a person's eyes or casts shadows



Design Principle 7 Create a familiar space

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## Activity Card 3.4

### Good Tonal Contrast

Tonal contrast between walls, floors and objects is an important way to help people see objects and find their way around rooms and gardens. What can you do to help offer this?

Ensure edges of outdoor paths are well contrasted

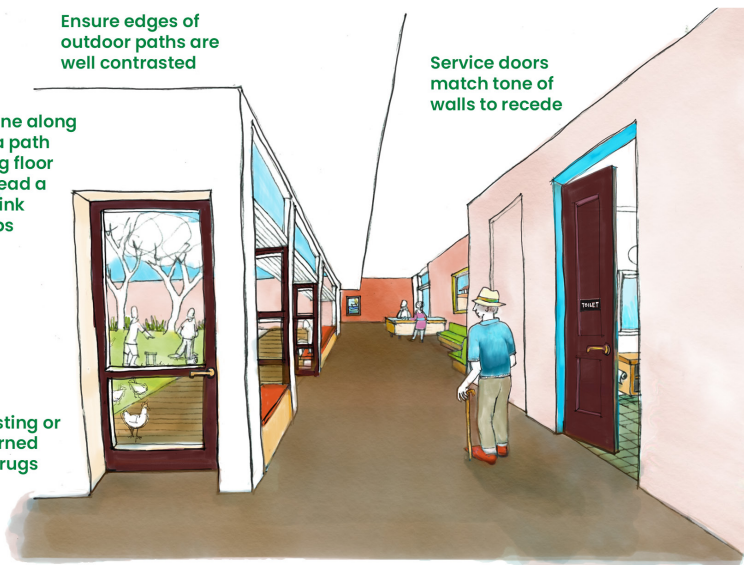
Ensure one tone along the whole of a path as contrasting floor finishes can lead a resident to think there are steps or a hole

Avoid contrasting or heavily patterned door mats or rugs

Service doors match tone of walls to recede

Resident doors contrast with walls

Walls finish tone to contrast with flooring



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## About DTA's Environments Consultancy

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**The Creating Supportive Environments Online Course explores the themes in these cards in more detail.**

Course Trailer: [Watch](#). Course Information: [Learn more](#).

**Our award winning consultancy service can help you create a dementia-friendly environment.**

Discuss how to use an existing environment more effectively, plan a new facility or refurbish an existing one.

[Learn more](#).

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