

## Assessing your Hospital Environment

### Key Considerations

Think about where you work. *Is your environment dementia friendly?*

Now take some time to reflect and consider how you can improve your ward or department so that it is more dementia friendly. You may wish to take a walk around your work environment and consider it from a patient's perspective now that you have watched the video.

*What do you have control over and what do you need your department manager to support you with?*

*Have you identified any changes that could be made, some may be very easy and quick to achieve, and some may require managerial and financial support?*

The following table could help you make a list of things you and your team could achieve.

### Design Layout

Required	How can this be achieved in your clinical environment?
Clear signage and wayfinding: Use simple, easily readable signs and visual cues to help patients navigate the ward.	
Colour and contrast: Use contrasting colours for walls, floors, and furniture to aid visibility and orientation.	
Simple layout: Minimise complexity and clutter to reduce confusion and agitation.	

## Safety Measures

Required	How can this be achieved in your clinical environment?
Fall prevention: Ensure the environment is free of tripping hazards and install handrails where necessary.	
Secure exits: Implement measures to prevent patients from wandering out of the ward, such as alarms on doors.	
Soft furnishings: Use soft edges on furniture to minimise the risk of injury in case of falls.	

## Noise and distractions

Required	How can this be achieved in your clinical environment?
Reduce noise levels: Minimise unnecessary noise and provide quiet areas for relaxation.	
Limit distractions: Avoid overcrowding and maintain a calm environment to prevent agitation.	

## Lighting

Required	How can this be achieved in your clinical environment?
Natural light: Maximise access to natural light, which can help regulate sleep patterns and mood.	
Adequate lighting: Ensure consistent and sufficient lighting throughout the ward to reduce shadows and enhance visibility.	