

# INTERIOR DESIGN FOR DEMENTIA RESIDENCES: CHECKLIST (IDDR)

Benbow 2014

**FACILITY:**

**UNIT:**

**DATE:**

**RATER:**

**CONTACT PHONE:**

**EMAIL:**

Intervention	Design Feature	Minimal	Average	Superior	Score	Notes
		A	B	C		Support documentation for scoring is available from <a href="mailto:billbenbow@shaw.ca">billbenbow@shaw.ca</a>
	Assign rate of 1, 3, 5 or 0 for each item	1	3	5		
<b>LIGHT FIXTURES</b>	1 Ambient Lighting provided	320 lux	550 lux	1000 lux		lounge, bedroom bathroom
	2 Task Lighting provided	550 lux	750 lux	1100 lux		reading, activity, dining
	3 Glare	shielded bulbs	indirect, plus flooring 30 - 40 LRV	plus outdoor surfaces 30 - 40 LRV		shielded bulbs, indirect lighting, matt surfaces, window shades, medium LRV on flooring
	4 Colour rating of fixture	CRI $\geq$ 70 common areas	plus $\geq$ 70 res.room	plus $\geq$ 3000K common areas		CRI >70; close to daylight - 3000 Kelvin
	5. Controls	switches < 1200 mm (47 inches)	plus double-switching fixtures in bedrooms	plus dimmable fixtures in corridors		accessible controls, dimmers for built in flexibility
	6. Flexibility	variety of fixtures including floor and table lamps	overhead and task lighting bedrooms, common areas	motion sensors especially for ensuite use		variety of light fixtures including overhead, wall sconces, table and floor lamps; motion sensors
<b>COLOURS</b>	7. Focus on Contrast	use strong warm colours: yellow -red end of spectrum	light against black, dark against white, light yellow against dark blue	peach, coral, apricot tones add warmth		Colour Contrast: avoid too many colours, use strong warm colours; light, bright against dark and vice-versa; avoid red/green
	8 Use of contrast or lack of contrast for redirection	use a lack of contrast to hide doors to exits, housekeeping etc.	Use contrasting stripe on floor or ribbons on doors to deter access	Use murals on doors to camouflage exits		Use of contrast or lack of contrast to redirect residents away from designated areas.
<b>ENSUITE FIXTURES</b>	9 Focus on Safety, Accessibility, Visibility	ensuite toilet visible from bed	plus grab bars, traditional marked faucets	use contrast for toilet seat; sink/vanity;		Visibility of ensuite toilet from bed; contrast toilet and seat, sink and vanity; accessible fixtures
<b>FITTINGS</b>	10 Focus on simple and plain, contrast	Avoid large or life like patterns on curtains, bedding, cushions	use personalized bedspreads, memory boxes	contrast: placemats, plates, utensils, handles		Avoid life like items and large patterns: do personalize bedrooms; use object contrast for visibility
	11 Signage: Visibility	Use large text and min 70% contrast (min. 60 pt - 2 cm.)	plus locate below door handle level	use pictures and text for toilet rooms, bed rooms		Signage: large text, minimum 70% contrast, low placement, pictures and text for toilet and bedrooms
<b>FURNITURE</b>	12 Chairs: (seating)	51 - 56 cm high (20 to 22 inches), sturdy, firm seat, arm rests	water resistant, flow through, pop up cushion	variety of choice, contrast with wall, floor		Good height and depth for Sit to Stand, arm rests, firm seat, water resistant fabric, variety, contrast.
	13 Tables	Sturdy: Pedestal or well braced legs	Square, rounded corners, curved edges	wheelchair clearance		Sturdy, safe, accessible
	14 Wardrobes and Dressers	Wardrobes with open or glazed section for daily clothes	Contrasting handles, no sharp corners	Durable: High pressure laminate, not particle board		Dementia friendly, contrasting handles, safe, durable
	15 Appliances (if applicable)	Refrigerator only accessible appliance	microwave: sensors + simple to use controls	range: should have shut off for staff control		Safety is primary concern: staff controls need to be in place for any Range/oven; microwave - sensors.
<b>FLOORING</b>	16 Focus on safety, accessibility, durability	Thresholds maximum 13 mm (1/2 inch)	stable, firm, slip resistant, yet not impede movement	easily maintained: water, mildew and stain resistant		needs low threshold; firm, slip resistant, yet not impede balance or gait; durable easily maintained
	17 Use of contrast	Avoid large contrasting patterns	flooring should contrast with walls and baseboards	Avoid tonal contrast from one flooring material to another		Large patterns and stripes can appear as chasms; needs to have visible contrast with walls and baseboard to have visible edge
<b>FINISHES</b>	18 Focus on simplicity, durability	Avoid life like patterns or specks	LRV: Ceilings >80; walls >60; floors 30 - 40	wall and corner protection		Life like patterns are confusing; ; LRV is important for ceiling, walls, floor; durability
	19 Use of contrast	$\geq$ 30% contrast: objects with background: handrails, grab bars, handles; furniture	Provide adjacency contrast + edges, especially for pastels	use colour contrast on doors to walls as wayfinding aid: to res. Rooms		Contrast is critical for object/field discrimination, and to see edges especially flooring to walls, doors to walls; handles etc.
<b>FEATURES</b>	20 Special points of interest	general use as décor, atmosphere, theme	specific use as landmarks for wayfinding	plants, animals (aquarium, aviary)		special features to add atmosphere, memory stimulation, landmarks, Eden like use of living things.
<b>TOTAL SCORE</b>						