

Chapter 3 Reflective Activity

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.	