







Residential aged care services built environment audit tool

Online version 1.2: Part 1. Audit tool table


D. Resident room

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Environmental recommendation	Achieved?	Useful tools/tips
<p>107. Entrances to resident rooms are distinctive and personalised to help residents find their way.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tips:</p> <ul style="list-style-type: none"> • Consider privacy requirements – if using names use first names only. • Consider different style of panelling and colours for each door. • A specific item such as a painting/print outside the resident’s room can act as a cue for locating the room. • Consider doors with different panelling or painted different colours over a section or pod. <p> Resources: [2, 5, 7, 9, 16, 17, 22-24]</p> <ul style="list-style-type: none"> • Resource [5]: Refer Part C, section 750.6 and section 750.7.
<p>108. Entrances to resident rooms maintain privacy and dignity.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tips:</p> <ul style="list-style-type: none"> • Doorways are recessed (offset) in the hallway. • Doors do not have windows or small viewing areas within them. • If doors already have windows ensure there are window coverings in place. • Make sure light from hallways does not cause glare or shadows in the room. • Resident room doors are not directly opposite each other in the hallway. • Ensuite is not directly visible through room door from hallway. • If ensuite is directly opposite then place toilet away from main view. • Consider alternative means of screening if the above is already in place <p> Resource: [1, 2, 20]</p> <ul style="list-style-type: none"> • Resource [20]: Refer Section 3 Privacy.




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109. Door can be locked from inside the room, but can be unlocked from the outside. Comments:	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	Tip: Consider fire regulations Resource: [1]
110. Doors can be opened by residents when sitting or standing. Comments:	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	Tip: Lever type door handles are recommended for ease of use, but other types may need to be considered for Aged Persons Mental Health requirements [1].  Resources: [1, 6, 20] <ul style="list-style-type: none"> Resource [20]: Refer Section 4 Access, mobility & OHS.
111. Doorways are wide enough for equipment and furniture (e.g. wheelchairs, beds) to comfortably pass through. Comments:	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	Tip: "Cat and mouse" doors (one large and one smaller door) commonly used. Standard: Refer AS 1428.1 - 2001. <ul style="list-style-type: none"> AS 1428.1 – 2001: The minimum clear opening of a doorway on a continuous accessible path of travel shall be 800 mm. Resources: [1, 5, 6, 10-13, 20, 30] <ul style="list-style-type: none"> Resource [5]: Refer Part C, section 760. Resource [20]: Refer Section 4 Access, mobility & OHS. Resource [30]: Refer Section 4 Doors and door openings for recommended doorway clearances.
112. Doors are in a contrast colour to the architraves, walls and floors. Comments:	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	Tip: Highlighting doors aids in wayfinding.-Refer Rec 107  Standard: Refer AS 1428.1 – 2001. <ul style="list-style-type: none"> AS 1428.1 – 2001: Doors or doorframes shall have a minimum luminance contrast of 30% to their adjacent surfaces. Resources: [16, 24]

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<p>113. In shared rooms residents can access the door and window without intruding on the other resident's private space.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tip: In a shared room, when one resident has bed next to the window this usually becomes that resident's space, and if the curtain slides all the way across the room, this can emphasise the ownership.</p>  <p>Resource: [1]</p>
<p>114. Windows are easily opened, but the extent to which they open is restricted to prevent entry or exit.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tips:</p> <ul style="list-style-type: none"> Window handles low on window for ease of operation. Sliding windows have an easy to grip handle and glide easily,  <p>Resources: [5, 7, 15, 16]</p>
<p>115. Flooring is free of clutter and hazards, such as cords and loose rugs.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tip: Reduce the use of cords by using cordless equipment where possible.</p> <p>Resources: [8, 27, 28, 30, 31].</p> <ul style="list-style-type: none"> Resource [30]: Refer Section 4 Floors and floor coverings
<p>116. Floor surfaces are slip resistant.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tip: Overly slip resistant floors and thresholds between smooth and slip resistant floors can be a hazard.</p> <p>Standard: Refer AS 4586 2004 for slip resistant requirements.</p> <p>Resources: [1, 5-8, 10, 12, 13, 15, 19, 28, 30, 31]</p> <ul style="list-style-type: none"> Resource [5]: Refer Part C, section 780. Resource [30]: Refer Section 4 Floors and floor coverings.




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<p>117. Flooring is in good condition and firmly attached.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tips:</p> <ul style="list-style-type: none"> • Ensure floor is sealed effectively before laying any floor covering. • Check joins for signs of weakness- these allow spills which cause odours to penetrate beneath the floor covering. Research whether sheet flooring is preferable to carpet tiles, vinyl tiles or vinyl planks. <p>Resources: [5, 8, 15, 17, 19, 26, 30, 36,42]</p> <ul style="list-style-type: none"> • Resource [5]: Refer Part C, section 780. • Resource [26]: Refer Solution Sheet 3, <i>Choosing safe floor coverings for workplaces in health and aged care.</i> • Resource [30]: Refer Section 4 Floors and floor coverings.
<p>118. Floor surfaces have a matte finish.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tips:</p> <ul style="list-style-type: none"> • Shiny surfaces can appear to be wet surfaces and should be avoided. • Check the effect of natural light at different times of the day. • Check reflected light on different floor surfaces. • Check that floors do not have shadows or light reflected patterns that may cause confusion to the residents throughout the day. <p></p> <p>Resources: [5, 8]</p> <ul style="list-style-type: none"> • Resource [5]: Refer Part C, section 780.
<p>119. Carpets are low pile and tightly woven.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tips:</p> <ul style="list-style-type: none"> • Some carpets can cause trips for older people who may shuffle their feet, some carpets are difficult for older people to self-propel wheelchairs, and some reduce battery life for electric wheelchairs due to increased resistance. • If carpets are used, push/pull forces for wheeled equipment are within acceptable limits. • Carpets that have tracking (equipment veers off) issues should not be used. <p>Resources: [1, 5, 8, 12, 15, 26, 30]</p> <ul style="list-style-type: none"> • Resource [5]: Refer Part C, section 780. • Resource [26]: Refer Solution Sheet 3, <i>Choosing safe floor coverings for workplaces in health and aged care.</i> • Resource [30]: Refer Section 4 Floors and floor coverings.

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<p>120. Flooring patterns and colours are discreet.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tips:</p> <ul style="list-style-type: none"> • Check a sample pattern of flooring in a resident area. • Patterns may create the illusion of holes or steps and trigger mobility or balance problems in people with vision or cognitive impairment.  <p>Resources: [1, 2,4, 42]</p>
<p>121. Changes in floor surface are clearly defined.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tips:</p> <ul style="list-style-type: none"> • A change from one floor surface to another, such as carpet to vinyl, can be a hazard if residents are not aware of it. • Make sure the adjacent floor materials are different colours and patterns BUT are tonally similar • Restrict changes to 'expected' locations such as thresholds, archways, doors and changes in floor level (eg stairs and ramps)  <p>Resources: [7, 19, 30,42]</p> <ul style="list-style-type: none"> • Resource [30]: Refer Section 4 Floors and floor coverings.
<p>122. Joining strips between different floor surfaces are as smooth as possible to reduce hazards.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tips:</p> <ul style="list-style-type: none"> • Make sure that the adjacent floor materials are 'tonally' similar regardless of their colour and pattern (check 'tonality' by viewing the carpets, vinyls and joining strips in black & white-take a photo) • Make sure the joining strip is 'tonally similar to both of the adjacent floor materials • A joining strip that is not tonally similar can be perceived as a barrier or a step  <p>Resources: [5, 7, 12, 15, 19, 28, 30, 42]</p> <ul style="list-style-type: none"> • Resource [5]: Refer Part C , section 780. • Resource [30]: Refer Section 4 Floors and floor coverings.


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<p>123. Walls are in a contrasting colour to floors and architraves.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tips:</p> <ul style="list-style-type: none"> • Select colours that allow for ageing vision and vision impairments [2]. • To check colour visibility of furniture, doors, etc, move around the facility looking through a piece of yellow cellophane [2]. • Use non-glossy light colours on walls to enhance available light [31]. <p></p> <p>Resources: [1, 7, 8, 15, 17, 19, 24, 31]</p>
<p>124. Lighting in all areas is at a consistent level so residents are not moving from darker to lighter areas and vice versa.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tips:</p> <ul style="list-style-type: none"> • Make use of natural light where possible. • Increase level of illumination to greater than 100 cd/m² light reflected from reading surfaces. Photometers (luminance meters) can be used to assess light levels [4]. • Seek advice from lighting engineers for specific issues. <p></p> <p>Standard: Refer AS 1680.1:2006 for specific requirements on luminance.</p> <p>Resources: [4-6, 8, 10, 12, 15, 19, 28, 31]</p> <ul style="list-style-type: none"> • Resource [5]: Refer Part E, section 2.11.
<p>125. Glare is avoided.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tips:</p> <ul style="list-style-type: none"> • Check glare from window when seating residents. • Check position of TV for reflected glare. • Reduce glare by moving light sources as far away as possible from the resident's line of sight. • Avoid bare bulbs, e.g. down lights, particularly if the resident may be lying in bed and looking up into them. • Keep lighting clean. • It is preferable to have several low-intensity lights than one high-intensity light. • Shield light sources or use diffusers. • Use non-reflective materials on walls, floors and ceilings (matte preferable to gloss). • Ensure there are appropriate coverings on windows to shield surfaces from direct sunlight [4]. • Install dimmer switches on lights to enable control of lighting levels [24]. • Check external lights do not shine directly into windows. <p></p> <p>Resources: [4, 7-9, 15, 18, 19, 23, 24, 28, 31]</p>



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<p>126. Wall light switches are within easy reach of residents and staff whether sitting or standing.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tip: consider two light switches – one at the entrance and one near the bed.</p> <p>Resources: [1, 8, 12, 13, 20, 24]</p> <ul style="list-style-type: none"> Resource [20]: Refer Section 6 Lighting & Ventilation.
<p>127. Resident can turn on a light when lying in bed.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tips:</p> <ul style="list-style-type: none"> A bedside lamp could be placed within reach. Touch lamps can be useful for residents with dexterity issues. Light switches can be incorporated into call bell system. <p>Resources: [1, 12, 20, 24]</p> <ul style="list-style-type: none"> Resource [5]: Refer Part E, section 2.12. Resource [20]: Refer Section 6 Lighting & Ventilation.
<p>128. All light switches are easily located in the dark.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tips:</p> <ul style="list-style-type: none"> Consider both placement and size of light switches. Use of glow marker/tape can help residents to locate switches in the dark. <p>Resource: [8]</p>
<p>129. There is adequate lighting during the night.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tips:</p> <ul style="list-style-type: none"> Night lights should be mounted at a low level and should be low intensity and diffused. Night light levels should not interfere with resident sleep. Be aware of possible fire risks associated with plug-in night lights. During the night, if a light is left on in the ensuite with the door shut, the light coming from under the door may guide the resident to the ensuite. Consider use of sensor light in resident’s bathroom to maximize independence and safety [2]. Night light does not need to be as bright as at day time. <p>Resources: [1, 2, 5, 19]</p> <ul style="list-style-type: none"> Resource [5]: Refer Part E Section 2.11.

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130. There are power points on more than one wall in the room. Comments:	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tips:</p> <ul style="list-style-type: none"> Multiple power point options reduce the need for power boards and cords which present trip hazards. They also increase options in the room for positioning the bed.  <p>Resources: [1, 19, 31]</p>
131. Call bells work. Comments:	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Resources: [19, 31]</p>
132. Call bell signals can be heard or seen by resident. Comments:	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tip: The signal light should not be behind the resident's bed or otherwise out of sight.</p> <p>Resources: [19, 31]</p>
133. The position of the call bell is flexible, allowing for right and left hand use by resident, and the buttons are easy to push. Comments:	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tips:</p> <ul style="list-style-type: none"> Ensure that staff can easily access turn-off buttons. Be aware of the length of call bell cords and positioning to reduce trip hazards <p>Resources: [1, 3, 12, 13, 19, 27]</p>


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<p>134. Bed appearance and design are appropriate for resident's needs.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tips:</p> <ul style="list-style-type: none"> • Many companies have domestic style bed heads available to fit standard electric beds. • Adjustable beds are recommended for both independent and dependent residents. • Residents at risk of falls can be helped by the environment: low-low bed, use of sensors. • Seek advice from physiotherapist and occupational therapist for resident's personal requirements. • If replacing bed, check for unintended effects: <ul style="list-style-type: none"> – resident's capacity to move round the room – see the TV when the bed is lowered – will the power cords , handsets present a trip hazard – check bed will not damage wall or power sockets when raised or lowered <p> Resources: [1, 8, 19, 28, 31]</p>
<p>135. The ceiling hoist is in the most suitable position for moving the resident in and out of bed.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tip: Check the bed does not have to be moved to accommodate use of the ceiling hoist each time. If the bed is moved regularly check there is protection in place for the wall.</p> <p></p> <p>Resource: [26]</p> <ul style="list-style-type: none"> • Resource [26]: Refer Solution Sheet 1, <i>Overhead tracking for safe people handling.</i>
<p>136. There is sufficient space around the bed for wheelchairs and other lifting equipment to move around</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tips:</p> <ul style="list-style-type: none"> • Ensuite door should not take up unnecessary room space. Refer Rec 144 • Check that there is also adequate space on both sides of the bed and between bed end and wall for using mobility aids and for general access by all. <p>Resource:[1, 30]</p>
<p>137. The bedside cabinet is positioned so that placing items on it does not require undue stretching and twisting.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Resources: [8, 27]</p>


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<p>138. A locked drawer is available in the bedside cabinet or wardrobe.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tips:</p> <ul style="list-style-type: none"> This drawer is useful for medications or personal valuables of the resident. The handle should accommodate the hands of people whose fingers and knuckle joints are swollen by arthritis. <p>Resources: [1,8, 19, 28]</p>
<p>139. Wardrobe doors and drawers are easy to access and open, and positioned so they cannot hit anything when they are opened.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tips:</p> <ul style="list-style-type: none"> D-shaped or hook-shaped handles help people with weak grasp or reduced co-ordination. Sliding doors do not take up room space and can be easier for resident to open. However, they may not be appropriate for residents with dementia.  <p>Resources: [1, 19, 28]</p>
<p>140. Wardrobes are step-less and rails are at a height that resident can reach.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tip: Consider adjustable rails or inexpensive add-on options.</p> <p>Resource: [1]</p>
<p>141. Wardrobes have sufficient space for resident's clothing and other personal items.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tips:</p> <ul style="list-style-type: none"> Wardrobes can be built in and become an attractive furniture piece. Double doors can provide access to full length hanging space and drawers. Ensure the length of the wardrobe fits longer items i.e. long coats, dresses <p>Resource:[1, 2]</p>
<p>142. There is adequate storage for resident's larger belongings and equipment.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tips:</p> <ul style="list-style-type: none"> Consider window seats that provide both seating and storage. Use bedside cabinets instead of tables. A cavity above the wardrobe can store belongings not accessed very often, such as a suitcase. <p>Resource: [1, 20]</p> <ul style="list-style-type: none"> Resource [20]: Refer Section 7 Security.

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<p>143. Room can accommodate and display a resident's personal belongings.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tips:</p> <ul style="list-style-type: none"> • Personal items and increasing familiarity can also improve orientation. • Personal belongings are assessed as being suitable, so that they do not create hazards for residents or staff. However, note that personal belongings are important in making residents feel safe and comfortable, and helping them adapt to the new environment. Remember they are often moving from a house with a number of rooms to one room. • Picture rails around walls hold photos etc and do not mark walls.  <p>Resources: [2, 7, 9, 12, 13, 22-24]</p>
<p>144. Comfortable well maintained seating is available.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tips:</p> <ul style="list-style-type: none"> • Chairs should be comfortable and sturdy to encourage visitors to stay. • Avoid square and sharp corners on furniture. • Chairs have slip resistant easily cleaned fabric. • Bold patterns are best avoided for residents with dementia • Increase colour contrast between furniture and surrounding walls to increase visibility [2]. • Chair legs stand straight, rather than sticking out on angles and posing a tripping hazard. • Where use of footstools is indicated, make sure residents can reach them as required and move them easily.  <p>Resources: [1, 2, 6, 7, 10,12, 41]</p>
<p>145. Furniture is secure enough to support a resident should they overbalance.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tips:</p> <ul style="list-style-type: none"> • Wheeled furniture should have lockable brakes. • Arms on chairs are secured and sturdy. <p>Resources: [7, 8, 19, 27, 35, 41]</p>

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<p>146. Height adjustable chairs or chairs of variable heights are available so residents can rise and sit with ease.</p> <p>Comments:</p>	<input type="checkbox"/>	<p>Tips:</p> <ul style="list-style-type: none"> • Ambulant people tend to seek out the chair that suits their height. • Have access to chairs with armrests for those who need assistance rising to their feet. • Armrests should be wide enough for leaning support. • Avoid chairs with low backs. • Seek advice from an occupational therapist or physiotherapist about optimal height for individual residents. <p>Resources: [8, 11, 27, 31, 35,41] Refer Appendix 3 'Individual seating assessment tool'.</p>
<p>147. All features on wheeled furniture work effectively.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tips:</p> <ul style="list-style-type: none"> • Footrests should be easy to move. • Wheels and brakes need to be in good working condition with good tread on tyres, and wheels moving freely. • The type of wheel/tyre must be appropriate for the floor surface to maintain push/pull forces for staff to within acceptable limits and to facilitate independence for wheelchair users. <p>Resources: [8, 19, 26, 28, 31]</p>
<p>148. Storage space for wheelchairs, lifters etc is available and easily accessed by residents and staff, but does not obstruct circulation space.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tips:</p> <ul style="list-style-type: none"> • Ventilated space is required for recharging electrical equipment e.g. scooters. • Storage should be provided for footstools to reduce tripping hazards. <p></p> <p>Resource: [31]</p>
<p>149. Telephones are easy to access and use and can be adjusted to the needs of the individual.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tip: Specific types of telephone are available to suit hearing or vision impairment.</p> <p>Resources: [4]</p>

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<p>150. The hallway is visible from a chair.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tip: Residents may like to feel part of or watch daily life rather than sitting in a chair facing a window with little outdoor activity.</p> <p>Resource: [1]</p>
<p>151. The outdoor view is visible from the bed and chair.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tip: Window is low enough to look out of when seated in the chair or the bed.</p> <p>Standard: Refer AS 1428.1-2001.</p> <p>Resource: [1]</p>
<p>152. There is access to the outdoors, either from the room or hallway.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tips:</p> <ul style="list-style-type: none"> • Access to natural elements, including views to trees and access to gardens, has been shown to have an uplifting effect and improve recovery from illness [9]. • Consider sliding doors for ease of access, but note the need for step less exit. • A door leading from the resident’s room to the garden should be wide enough for a bed. <p>Resources: [9, 33]</p>
<p>153. The toilet facilities are visible from the resident’s bed and chair.</p> <p>Comments:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	<p>Tips:</p> <ul style="list-style-type: none"> • Be aware of the effect in the room of leaving the ensuite door open- a door opening into the room may obstruct movement. • For people living with dementia, a view of the toilet is a useful reminder to aid continence. • A number of strategies have been found to be effective in promoting continence, such as painting the toilet doors a different colour from other doors in the area, increasing the contrast between the door frame and the wall and giving the toilet door a different treatment from other doors [7, 24, 34]. • Use a contrasting toilet seat or one that is luminous in the dark. • If lighting the location of the toilet, especially at night, then use adequately diffused (low glare) wall mounted lighting. <p></p> <p>Resources: [1, 2, 7, 9, 13, 16, 17, 22-24, 34]</p>

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154. Room is fresh smelling. Comments:	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	Tips: <ul style="list-style-type: none"> • Having indoor plants and windows that open refreshes the air. • Consider aromatherapy and essential oils to stimulate or relax Resource: [24]
155. Room is kept at a temperature comfortable for the resident. Comments:	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	Tip: Check the manual knobs on floor heaters can be easily reached by residents Resources: [1, 5, 15, 20, 24, 28] <ul style="list-style-type: none"> • Resource [5]: Refer Part E, 'Heating, ventilation and air-conditioning'. • Resource [20]: Refer Section 5 Heating & Cooling.
156. Alarms and telephones have the capacity for noise levels to be decreased at night. Comments:	<input type="checkbox"/> Yes <input type="checkbox"/> Action required <input type="checkbox"/> Not applicable	 Resources: [37, 38]

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