

The use of color:

Lime green (decreasing behaviors and improving reading): we use lime green uniforms because it is the last color we lose the ability to see. This helps our resident identify who to go to when they need help or assistance. This has reduced wandering behaviors, agitation, bathroom related accidents, and even sun downing. Also we use something called the LCB Reading Series which used enlarged lime green font which has shown a 33% increase in reading ability.

Yellow (improving resident eating habits): much of the industry uses red colored dinnerware because it increases eating, we have decided to use a different color. Looking at the industry we see a tremendous amount of weight gain in communities which use the red plate philosophy. Due to this many organization have adopted a dark blue plate which suppresses appetites to help manage weight. We use the color yellow because – the color yellow makes your salivate which reminds you to eat however, does not foster over eating. Also the color yellow provides more contrast with foods. There are very little foods which are yellow making this color an ideal color for contrast which, in return, supports the needs of our residents.

Black (helping the resident staying out of bed): the color black may scare someone with dementia if it is seen below the waist-line. Things such as a black vent, trash barrel, or even a welcome mat may cause anxiety for someone with dementia. However, what we have found out is that someone with dementia does not pay attention to the color black if it is around their waist line. So what we did was practice a mini research project where we used black sheets underneath the resident linens. When the resident got out of bed to take part in ADLs we would remove the linens, leaving the mattress with only the back sheet. What we noticed was that 4 out of 5 subjects did not go back to bed; they came out and participated.

White (improving resident engagement as well as person's needs): is the hardest color to see. As we age our eyes have difficulty seeing through mini-blinds. What we noticed is – if we pull up the mini blinds in common area resident are more engaged with what is on the other side of the window. In return this improves resident's self-engagement. We also use contrasting toilet seats due to a toilet looking like a white blob/blur which is one of the reason resident sometime miss the toilet when going to sit as well. We also use a contrasting wall due to an all-white room being perceived as circular.

We also hand-select color and fabric types for our future to help support our resident needs. Ensuring that fabric patterns are not over stimulating or confusing as well as some different colors that foster different emotions.