

SELECTING A CARE ENVIRONMENT

Need to Knows provide older adults and their families with important information to enhance their hospital or nursing home stays. Communication and teamwork are important aspects of high-quality healthcare. The individual, family, and caregivers are vital members of the team.

Why is it important?

A safe and comfortable environment for anyone can result in better outcomes. A safe, secure, healing environment includes special considerations that encourage movement, promote socialization, and create a homelike environment. An atmosphere that relaxes the mind, body, and soul can help speed physical and psychological recovery.

What you can do:

- A private room may provide greater privacy, more opportunities for family/friend interaction, and better sleep.
- Create your home away from home with comforting items like a favorite pillow or blanket and items like photos and books.
- Bring a personal music system (iPod, CD player, etc.) with headphones for your stay.
- Make sure paths to your bathroom, chair and door are clear to reduce the risk of falls. Ask your healthcare team, family, or friend for help.
- Open the window curtains during the day for natural light.
- Engaging in brief conversations with healthcare team members, family, and friends may help provide a relaxing environment.
- Ask for nice-smelling flowers as gifts for your room.
- Take walks or have someone help you to the solarium, gardens, family room, or other pleasant areas.
- Make sure controls for call button, lighting, telephone, television, and radio are within reach.

