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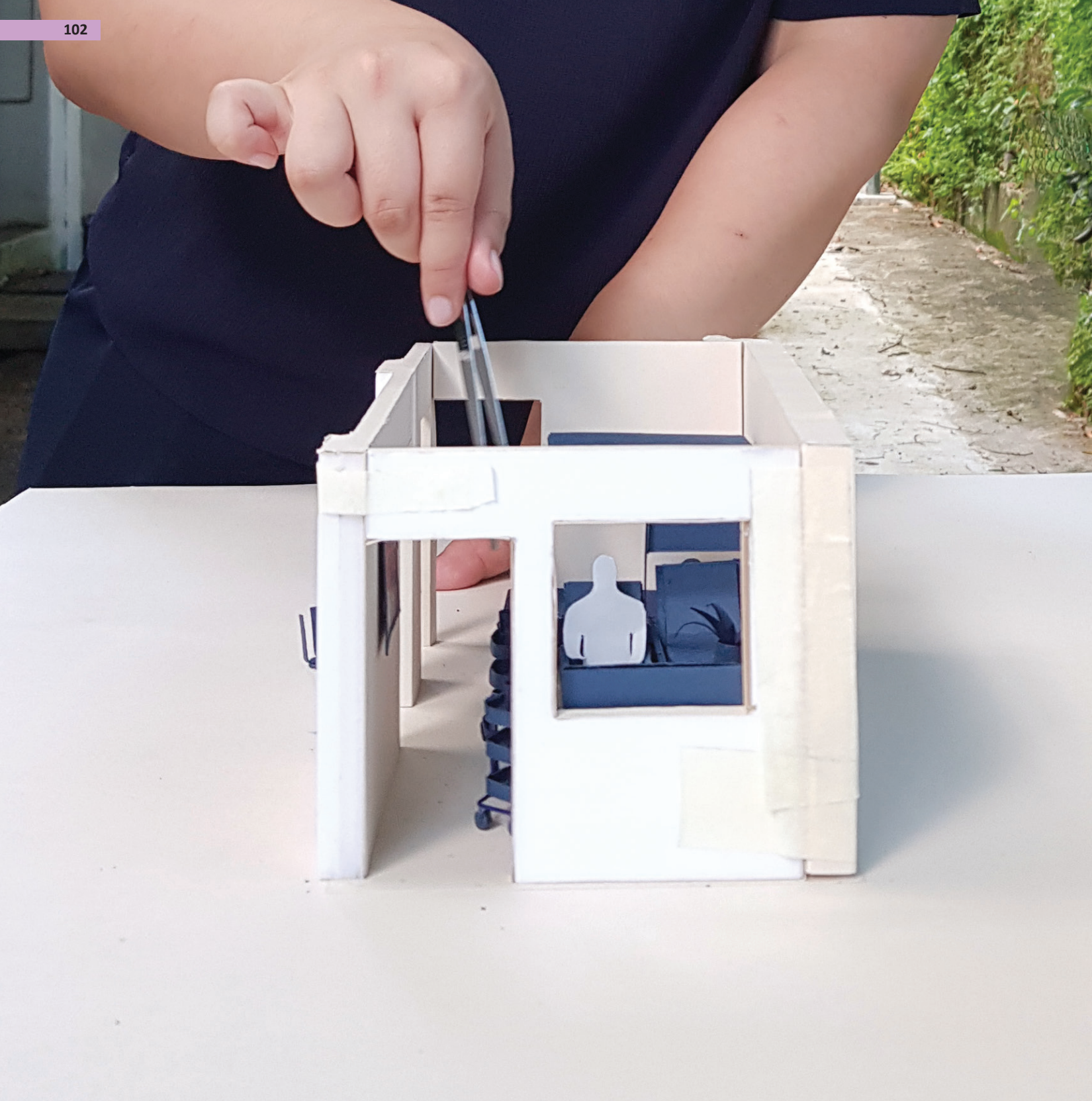


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# THE NEW ROOM

Furniture forms an essential component to how we experience habitable space. Their arrangement offers a scaffold for daily living. We should treat furniture groups as dynamic and living, since they can be continuously re-configured and updated to enable richer and healthier lives for both the carer and the cared.





## Building our own worlds

We create our worlds and these worlds create us. Furniture form part of our world and are always more than what they seem. Furniture arrangements should evolve along with the care recipient's needs. As we do this, we can modulate comfort and familiarity with enclosure, shared spaces and the strategic display of familiar items.

For the person with dementia, a reconfigured home environment can be an intimidating affair — it makes the environment a bit unfamiliar. There are ways to smoothen the transition. Start with shifting the little things first, until the time is right to rearrange the larger furniture. Given their impact and presence, the ways we arrange our furniture and objects can provide the "building blocks" for better and richer lives.



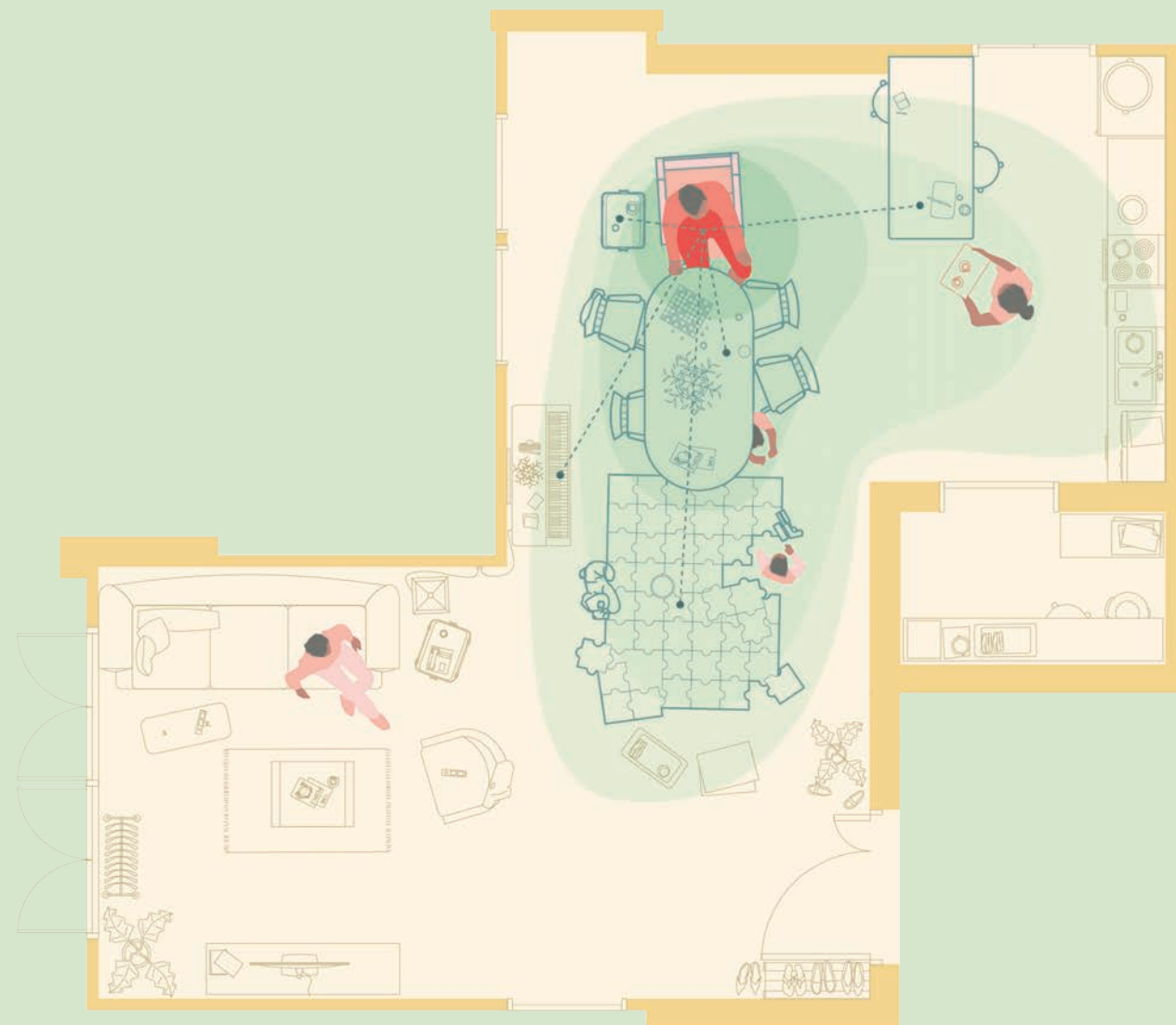
# Stay active, get involved.

The care recipient is still active and independent during the early stages of dementia. Take into account their mobility habits and provide suitable rest stops to enable this independence while arranging the furniture. Ensure clear and open sightlines that allow passive supervision over the care recipient. This also encourages eye-contact and greater interaction.



Place the POÄNG chair near activity areas of the home like the dining table or the open kitchen island. This creates opportunities for the care recipient to assist with simple tasks and cultivates opportunities to bond by doing things together.

**01 HACKED POÄNG arm chair** Refer to chapter 1 for more information on the POÄNG.



## Active life, active mind

Make it easy for them to perform activities around the home. Encourage them to move around by keeping everyday items in view.





# Mealtime accompaniment

Regardless of the care recipient's unique needs, we should normalise his or her social environment where possible. Try letting mealtimes occur in the presence of others. This creates a jolly atmosphere with meaningful face-to-face engagement.



The kitchen island or dining table are good areas for the care recipient to assist with simple kitchen tasks. These tasks help resist the progress of dementia.

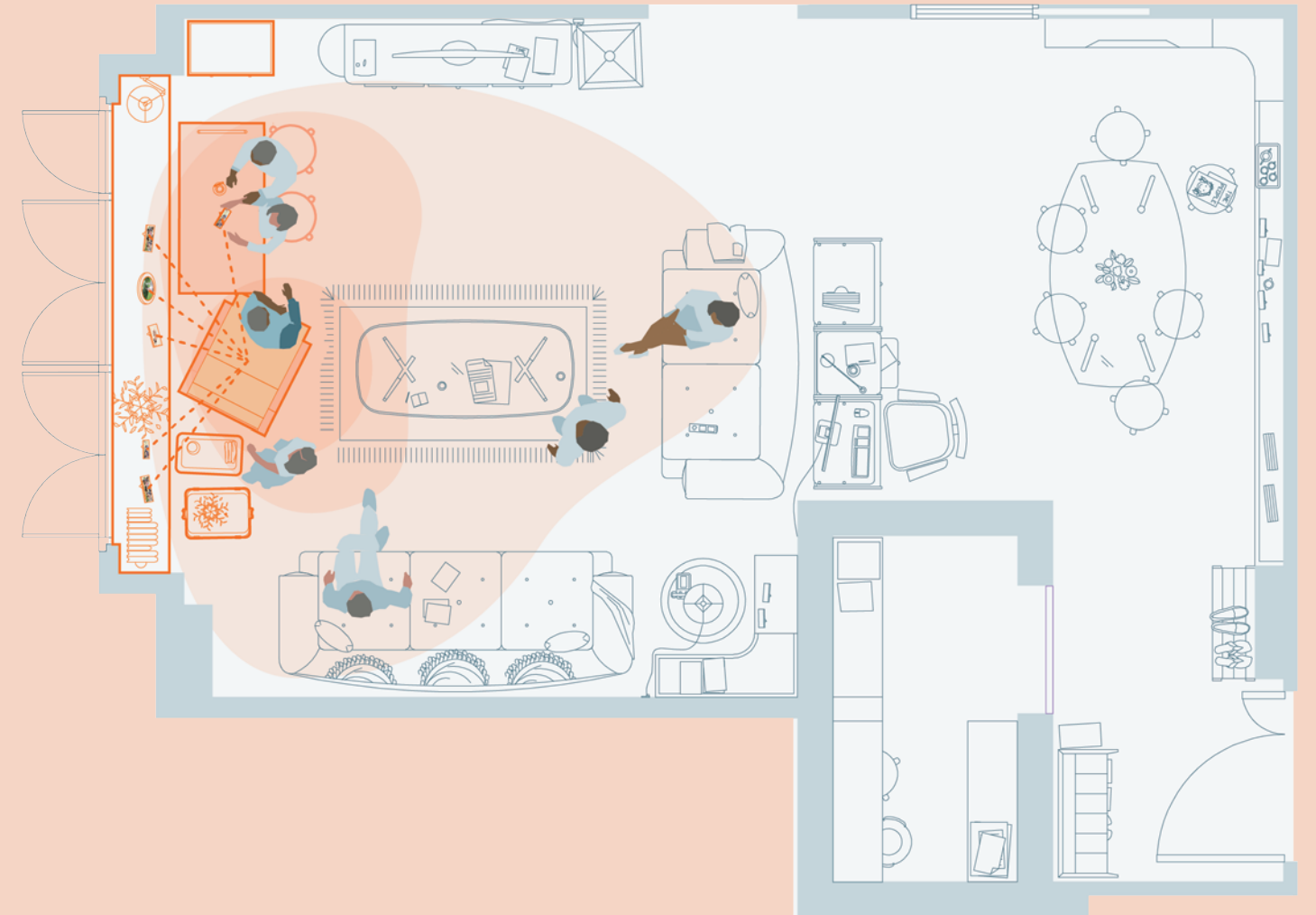


# Memories made material

As dementia progresses, the care recipient may become less active, spending more time at rest instead. Personalise the environment around the care recipient by displaying familiar objects and photographs. These items help to jog their memories of fond events and are also good conversation starters when guests come to visit.



Have a “memory corner” near the armchair where photos and memorabilia are displayed. This could be a wall or a shelf. These items can trigger fond memories of events in the care recipient’s life — affirming their personhood and sense of self.



## Make new memories

Memories do not just reside in the photos and memorabilia. Cherish the present moments that we spend with the care recipient — these become precious, positive memories for everyone.

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shelving unit

\$19.<sup>90</sup>

Dedicate a space or shelf close by for family photographs, keepsakes, or even scents. Such a "memory corner" is an anchor of familiarity, providing comfort to the care recipient.



## A cosy room is a comfortable room.

Try arranging the furniture in a way that feels harmonious and agreeable. It provides a reassuring environment for the care recipient.

It helps to have the RÅSKOG close by with essential items within an arm's reach. That allows the care recipient to conveniently satisfy simple needs.





# Ageing together

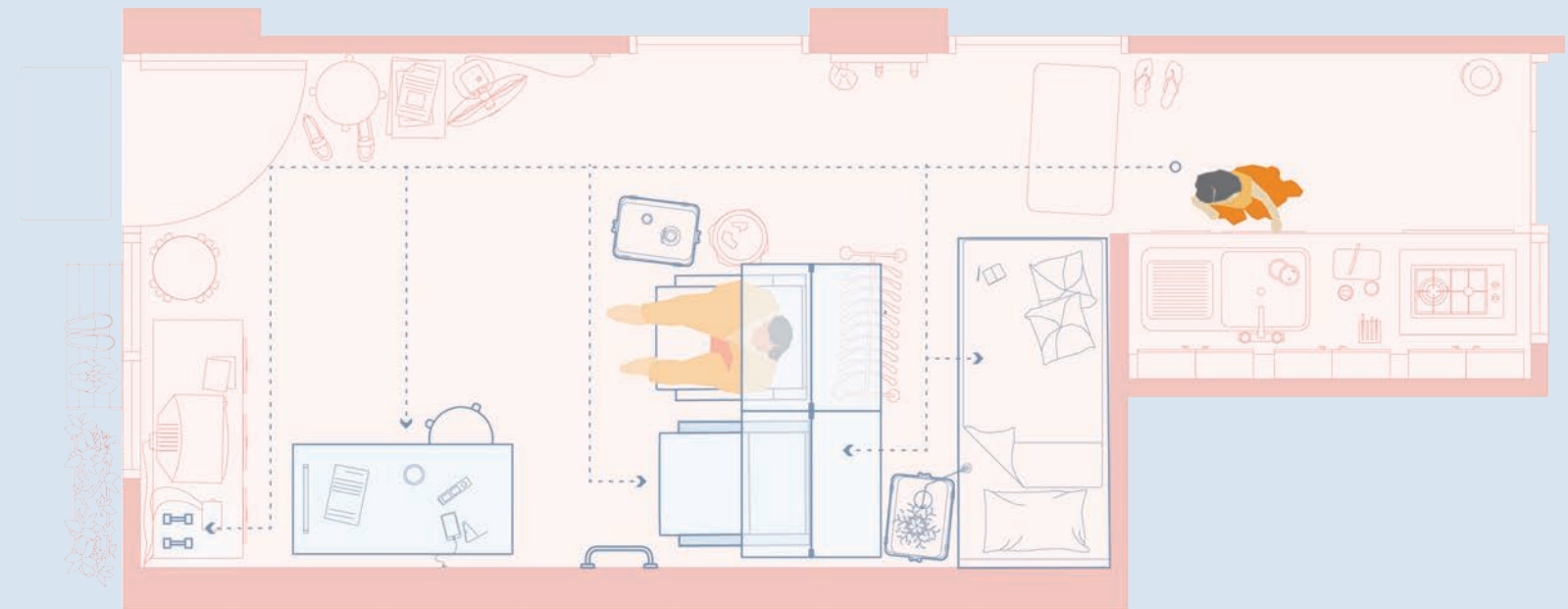
In some situations, the spouse is the primary caregiver. These seniors may need to rest often, and may not be able to exert themselves. We can arrange the furniture in ways that simplify their workflow and reduce their burden. The ALGOT can also carve out an adjacent alcove from where they can watch over the care recipients.



## The caregiver's alcove

Place a lounge chair behind the ALGOT to create a space where the care giver can take frequent breaks or steal a nap. They will still remain close to their loved one.

**01 ALGOT shelving system** Refer to chapter 2 for more information on the ALGOT.



## Seamless Workflow

Arrange the furniture to simplify the caregiver's workflow. This makes life easier for the them.

Doing things together is an act of love. The Living Table and the POÄNG need not be just for the person with dementia. Sharing meals on the same furniture removes that divide between “us” and “them.”



## Compact room, compact caring.

For compact home environments where space is precious, try assigning multiple uses to the furniture. For example, the Living Table can double up as a convenient “nurse station” for the caregiver, instead of being the care recipient’s exclusive table.

Single furniture, multiple users — sharing is our solution to compact caring.



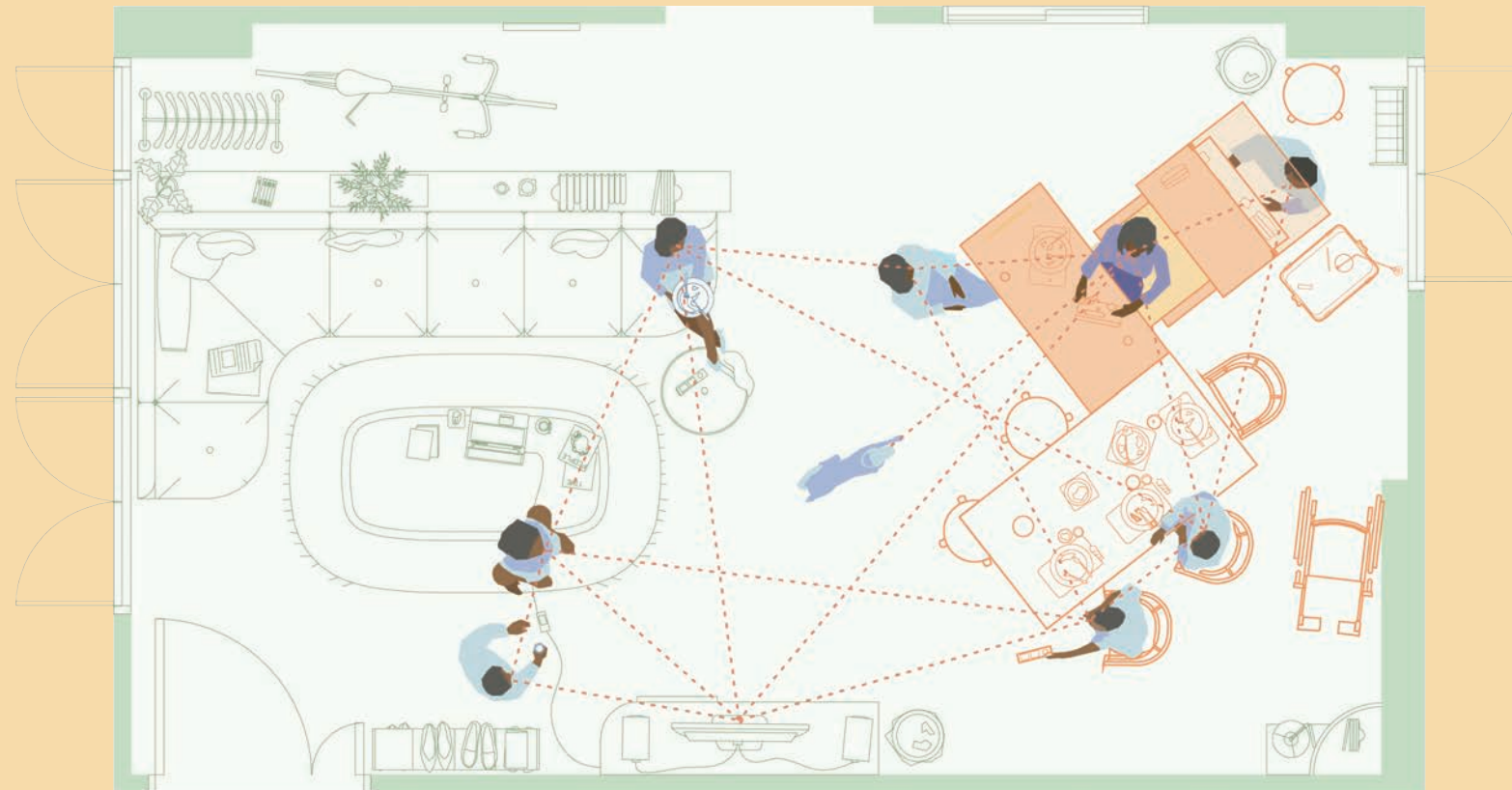
# Centre of attention

The care recipient becomes less active as dementia progresses to an advanced stage. Ensure that family rituals remain inclusive by organising meals and activities close to where the care recipient spends most of the day. This places him or her at the heart of the family.



Convene the social gathering around the care recipient. Not only does this create an inclusive and convivial setting, it also provides positive social stimulus for the care recipient to respond to.

**01 LIVING TABLE** Refer to chapter 4 for more information on making your own living table.



## Interaction around the chair

Let family activity occur around the care recipient. This normalises the immediate social environment, helping him or her feel included. Take care not to overwhelm the care recipient by regulating the amount of social stimuli.





**How about another RÅSKOG for the caregiver to organise his or her caring kits?**

Simple adjustments to the furniture layout bring the family closer. Just tilting the care recipient's chair into a diagonal facing position creates an inclusive and open arrangement. Shift the television to re-centre the living space closer to the care recipient.



# FORM FOLLOWS FAMILY.



## Relationships matter

Breakfast, dinner, homework, gossip — simply being present and close by can make a difference.