



## Industry Checklist

# Designing home environments for people with problems with cognition who display aggressive or self-injurious behaviour

PEER  
REVIEWED

## Background

This checklist should be read in conjunction with HMinfo document **Industry fact sheet: Designing home environments for people with problems with cognition who display aggressive or self-injurious behaviour** available at [www.homemods.info](http://www.homemods.info).

## Design Considerations

### Design to the need of the individual

Ensure that the home affords rewarding and enjoyable activities.

☐

Eliminate environmental features antecedent to and/or strongly associated with the aggressive or self-injurious behaviours.

☐

## Reduction of known stressors

Glare is reduced via the use of appropriate blinds, positioning of lights and the use of an interim area when entering shade from direct sunlight.

☐

Minimal or no visual clutter (i.e., adequate storage facilities).

☐

Evidence of appropriate sound insulation between areas that may have a television, telephone, etc.

☐

Regulation of indoor temperature by the use of reverse cycle air-conditioning and ceiling insulation.

☐

Visual clutter is reduced through the availability of adequate storage facilities.

☐

Sufficient personal space free of any shared circulation spaces to ensure that territoriality is not compromised.

☐

## Keep the environment free of complexity

Keep the plan of the home easy to negotiate.

☐

Allow a toilet to be visually accessible from as many areas of the home as possible.

☐

Remove unnecessary aspects of the home that contribute to the complexity of a task.

☐

## Balance between over-stimulation and under-stimulation

Use interior colours that can create a feeling of calm these are strong but not overly bright or vivid. Generally cool colours are comforting and nurturing. Clean shades of Green, blue, turquoise and mauve are believed to have calming effects.

☐

Providing a space with visually calming stimulation, such as coloured optic fibres.

☐

---

Providing a space with the ability to play music, particularly in situations the individual finds stressful.

---



## Facilitating use of preventative and reactive support strategies

---

Provide a time-out space that is: less sensory stimulating than the rest of the house, is durable and designed to cater to the individual's particular behaviour, e.g., soft floor coverings if the individual is known to head-bang the floor.

---



## Must be flexible and afford opportunities for choice and control

---

Providing home to present options and a sense of control and mastery, for example, cater the kitchen to the needs and abilities of the individual.

---



Provide for a limited amount of options within the home, for example, two cupboards in the bedroom, one with the bulk of the clothes (with no obvious affordances) and another with obvious affordances with a limited number of clothes for the person to select from (if applicable) to avoid overwhelming the individual.

---



Providing for activities that the individual enjoys engaging in, such as providing a bath, a large backyard or a window seat.

---



Providing a space with the potential to accommodate future choices, such as to have another person live with them, etc.

---



## Home-like design needs to blend with the community

---

The external facade of the home should fit with the other homes in the neighbourhood.

---



Any fencing should match the style of the home façade.

---



Any special lighting, plumbing, wiring and assistive device storage should be domestic in scale or when unavoidable need to be recessed and aesthetically pleasing.

---



Rooms should be of a size comparable to other domestic homes (applies more strongly to group home design).

---



## Environment must be safe

Any window and door guards or locks must be removable in case of emergencies.

☐

Induction cooktop to prevent accidental burns.

☐

Temperature control (thermostatic mixing valve) on all hot taps.

☐

Non-slip floors (CoF no less than 0.4 in both wet and dry areas).

☐

Flooring should be appropriate to the needs of the individual, e.g., if incontinence, then a harder floor or a water-proof backed carpet would be appropriate., whereas if head-banging then a softer surface would be a priority.

☐

Circuit breakers, smoke alarms and locks on knife drawers functional.

☐

All fittings, fixtures and furnishings have no hard edges or have corner protectors fitted.

☐

## Features with a history of being damaged need to be made durable or removed

Traditionally fragile objects need to be made durable, such as replacing glass, with Perspex, replacing gyprock with MDF and replacing brittle plastic fittings with metal or wooden ones etc.

☐

Any particular features that the individual has been known to damage removed if possible (e.g., hanging lights, blind cords etc.).

☐

## Accommodate staff/family support

Unobstructed clear space in should accommodate sufficient space for personal assistance. Traditionally smaller spaces, such as a bathroom, toilet or kitchen may require redesign.

☐