



## LIGHTING FOR CARE

Did you know lighting directly affects how you feel and how you interact with people?

In our lighting design work, we come to understand the need for “connected wellness”, the need for human and environmental connection with the diversity of life around us. Understanding insights into the power of light helps us develop lighting solutions that target enhancing social interaction between people and improving health and vision.

To light for Care we need lighting solutions that meet both visual and non-visual needs. In this document we share 6 key principles that we have found to be important when lighting for Care.

# Design Principles



## PREVENTIVE CARE

A significant weight of research tells us that light has healing qualities. Exposure to natural light improves mood, cognitive function, and sleep patterns.

### Tips:

- Integrate natural light into the design of all spaces
- Implement dynamic lighting systems that adjust in colour and intensity throughout the day to mimic daylight
- Add adjustable lighting fixtures that can be tailored to individual needs

## FALL PROTECTION

Prioritize resident safety and minimize the occurrence of accidents related to falls is a must in aged care projects.

### Tips:

- Avoid sharp contrasts between light and shadow to prevent visual disorientation specially in high-traffic areas such as corridors, stairwells, and common areas.
- Use highlights such as wall washing or floor lights to highlight changes in elevation, thresholds or steps.
- Select fixtures with shielded light sources and matte finishes to diffuse light more evenly and reduce glare that could obscure obstacles or trip hazards

## ORIENTATION

Knowing where you are is essential for residents' comfort and happiness. Utilize variation in light levels to aid wayfinding.

### Tips:

- Install lighting fixtures with contrasting finishes against their background to make them more noticeable and easier to identify, particularly for signage & doorways.
- Introduce distinctive lighting elements at key locations to serve as visual reference points for orientation. This could include decorative lighting fixtures, lighting of artwork, or architectural features illuminated with accent lighting to create focal points within the environment
- Implement low-level indirect night lighting to guide residents during nocturnal trips to the bathroom or common areas without disturbing their sleep.

## OWNERSHIP

Enhance residents' sense of belonging and comfort within their living environment.

### Tips:

- Prioritize both aesthetics and functionality, using strategic fixture placement to create visually appealing and durable solutions
- Opt for a homely, residential design approach. Incorporate warm lighting and decorative elements to create a comforting atmosphere.
- Provide personalized control, including dimmer switches, in all private spaces to allow the resident to set the scene according to their preferences
- Integrate adjustable task lighting, without glare or shadows to support independence and productivity

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## HEALTH CARE / STAFF REQUIREMENTS

Aged care facilities need to create healthcare environments that are both comfortable for residents and caregivers. Lighting is to facilitate accurate health care through observation and safety for both through the following design principles:

### Tips:

- Ensure sufficient and uniform illumination in healthcare areas to facilitate accurate observation of residents' conditions by caregivers.
- Tailor light levels based on the function of healthcare spaces, using adjustable lighting controls to accommodate varying needs throughout the day.
- Provide task lighting at bedside areas to support medical consultations and examinations.

### Tips:

- Use high colour rendering index (CRI) to render colours accurately, enabling healthcare professionals to assess patients' skin tone and detect subtle changes in health.
- Implement low-level, indirect night lighting solutions to facilitate safe movement during nighttime hours for caregivers while minimizing disruption to residents' sleep.
- Incorporate lighting controls that are automated and easily accessible for staff members, allowing for customizable lighting settings for special situations
- Ensure glare-free illumination to prevent discomfort and visual fatigue for caregivers
- Incorporate dynamic lighting at care stations to support the well-being of shift workers, aiding alertness and productivity during various hours.

## WANDER CARE

The correct lighting design will create spaces that enhance visibility, aid navigation, and promote a sense of security for residents with wandering tendencies.

### Tips:

- Maintain consistent and adequate light levels throughout the facility to ensure safety and reduce disorientation among residents who wander.
- Illuminate corridors, pathways, and communal areas brighter to enhance visibility and help residents navigate their surroundings confidently.
- Utilize vertical surfaces & walls as visual aids to guide wandering residents and prevent confusion or anxiety.

### Tips:

- Install lighting fixtures along vertical elements to create a well-defined visual pathway, enhancing spatial orientation and reducing the risk of falls or accidents
- Implement pre-set, automated lighting scenes to support residents' changing needs and activities throughout the day and night.
- Use programmable lighting controls to adjust light levels and colour temperatures based on the time of day, promoting alertness during waking hours and relaxation during nighttime hours.
- Incorporate gradual transitions between lighting scenes to minimize abrupt changes and prevent sensory overload for residents with cognitive impairments.

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