

# EFFECTS OF AGE-RELATED HEALTH ISSUES

## ISSUES: PASSIVENESS / DISORIENTATION

The need to actively engage in daily activities and in social life continues to exist even after moving to a private or public senior care facility. Adequate lighting helps seniors to manage their daily routines more independently.

### Passiveness

People in need of care still need to maintain their own level of independence. Being able to move freely helps them better understand the environment they live in and it promotes social behavior with other people in the healthcare facility. Poor lighting may trigger fear and discourage the elderly from carrying out daily activities independently. The result is passiveness, discontentment, depression or even aggressive behavior.

Adequate lighting assists the elderly in better finding their way around safely and independently. They feel encouraged to move about and they are more likely to participate in social activities. Therefore, the overall atmosphere throughout the facility is significantly enhanced.

### Disorientation

Disoriented patients often feel worse in poorly lit rooms. This is because objects throughout the room lack contrast, therefore making it difficult to see shapes and details clearly. The perception of depth can be severely limited which makes it difficult for the patient to see the beginning and the end of objects.

Corridors, staircases and recreation areas can become hazard zones with poor lighting because the patients may lose their bearings out of confusion. The ability to move about independently decreases drastically; almost every step requires the assistance of a care provider.

The systematic use of light substantially contributes to optimizing the general sense of spatial perception.

