

RUMMELSBERGER STIFT STARNBERG

Derungs 
MEDICAL LIGHTING

REFERENCE



Object: Rummelsberger Stift, 82319 Starnberg, Germany, Phone +49 8151 263 0, Fax +49 8151 263 15
rummelsberger-stift@rummelsberger.net, www.altenhilfe-rummelsberg.de

**Lighting consultant
and supplier:** Herbert Waldmann GmbH & Co. KG, 78056 Villingen-Schwenningen, Germany
Phone +49 7720 601 100, Fax +49 7720 601 290, info@waldmann.com, www.waldmann.com

**Product solution
and manufacturer:** Room lighting D^{lite}® vanera / D^{lite}® amadea
Derungs Licht AG, 9200 Gossau, Switzerland, Phone +41 71 388 11 66, Fax +41 71 388 11 77
mailbox@derungslicht.com, www.derungslicht.com

PROJECT DESCRIPTION

The objective of the Rummelsberger Stift home is to make residents suffering from age-related disabilities to feel accepted as they are and to find a new environment for their life. A place that helps them regenerate both spirit and senses

The object

The Rummelsberger Stift home that won an award for its architecture is located in a peaceful area near the Starnberg lake. The residence, meant for both alert and dependent seniors, has single and double rooms as well as some apartments. It also offers 20 places in a protected area for residents suffering from dementia.

The rooms are equipped in a personalized manner with furniture and souvenirs belonging to the residents, which they are familiar with.

The reception area, the "coffee corner" and the park equipped with great care invite the residents to enjoyable walks and relaxation.

Purpose of the installation

The purpose is to encourage and promote the independence of each resident. The care provided in this diaconic establishment also includes a spiritual support: "As human beings at their side, we place a strong emphasis on personalized support. We consider this an integral part of our work."

Project description

The constantly increasing average age of entry into retirement or nursing homes has modified the requirements regarding their equipment and fittings.

Lighting sufficient for normal eyes does not satisfy the needs of persons suffering from disabilities in eyesight and perception due to their age. In addition, the energy consumption of the luminaires was too high.

Objectives fixed for the transformation (2009):

- A modern equipment corresponding to the health care needs of seniors
- An improvement of the position in the market
- The assurance of a feeling of wellbeing for both the residents and the personnel

Protected accommodation area for persons suffering from dementia

The protected accommodation area is meant specifically for persons suffering from dementia who may wander off in an unbalanced state. The establishment takes care to provide sufficient possibilities of activities and movement in the corridors, in the day room as well as the pleasant garden of sounds.

Light forms a very important internal clock. If it is not possible to use natural light, solutions must be found for resynchronizing our biological clock. A good lighting can help reduce significantly the problems such as disturbed perception of time, mental confusion and inertia.

Implementation of the circadian rhythm harmonization project

An optimum lighting solution based on high intensity direct/indirect lighting was installed in the corridors in order to improve the safety and independence of the residents.

A special lighting control automatically modifies the color and intensity of the luminaires, which offer lighting scenarios that change according to a 24-hour sequence. These scenarios reflect the color and intensity of natural light. In the morning, the color of the light is cool with a large proportion of blue. Until noon, the intensity of light changes and reaches the complete spectrum of colors (indicating more sunlight). During evening, the color of the light becomes warm.

Comfortable: A light intensity suited to the environment



Pleasant: The common area is the meeting point for all conversations



Stylish: Optimal enhancing of colors and materials



LIGHTING SOLUTIONS FOR PEOPLE WITH DEMENTIA

The biological action of light takes place through the eyes. An optimal lighting solution allows replacing the natural luminous pulses even in the absence of sunlight. Our sleep/wakefulness rhythm is preserved.

The circadian rhythm

Light is the most important and most powerful clock. The circadian rhythm (also called the internal clock) that depends on light controls with an astonishing precision throughout the day periodical phenomena such as metabolic and hormonal functions and the sleep cycle of the human organism.

A simulation of daylight, without transition

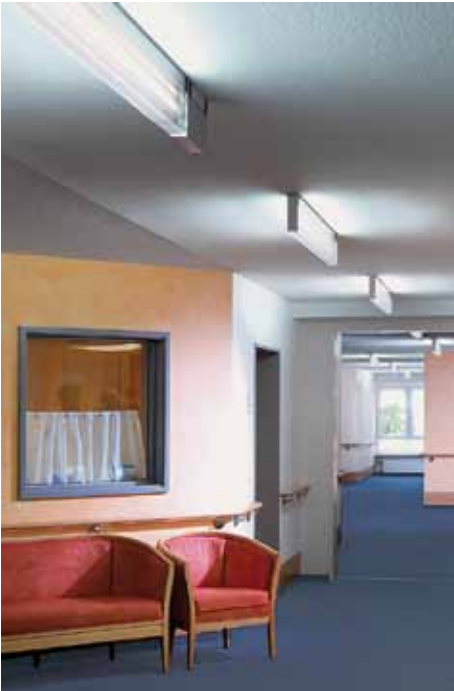
A lighting control transmits pulses to the luminaire, for simulating without any transition, in a 24-hour sequence, the changes in color of light during the day, from sunrise to sunset.

Derungs Licht AG (manufacturer of the luminaires) has given the name of "Visual Timing Light" to this dynamic lighting system.

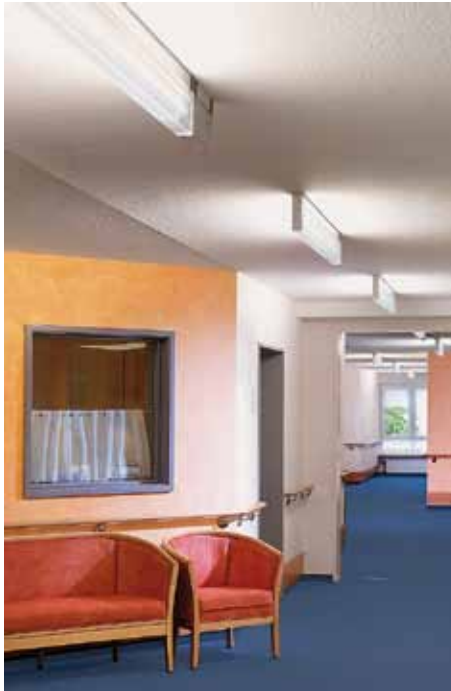
Positive experiences / advantages

- Structuring of the day/night rhythm
- Stimulation of the senses
- Facilitates the orientation thanks to the luminosity, without forming additional shadows
- Preserves healthcare activities by avoiding seasonal changes of light
- Improves the efficiency and vigilance of the personnel

Morning: Start of the day with a stimulating and refreshing effect



Noon: A harmonious and pleasant atmosphere



Evening: A calm and relaxing atmosphere



A good solution: A specific arrangement of the ceiling lights allows lighting any recess



Clear: A luminosity corresponding to the time of the day



Illuminated: Light in all niches



EXPERIENCE AND TESTIMONIAL

“We were fully convinced not only by the visual transformation, but also by the positive influence of this lighting solution on the residents and personnel.”



**Mrs. Margit Steigner, Deacon
Director of the Altenhilfeverbund
(Assistance to Seniors), Starnberg**

The Rummelsberger home was opened thirty years ago as a retirement home.

Over the years, the needs of the residents and consequently, the requirements of the healthcare personnel have changed. Our nursing team assists the residents when they are no longer able to manage on their own. We wish to encourage and preserve the independence of each person, so that all of them can lead a life as autonomous and independent as possible.

We have observed increasingly that light plays a major role in the life and daily routine of our personnel and the elderly persons under our care, especially in the case of people suffering from dementia. We attach great importance to wellbeing and safety. Particularly in the protected area, the dementia patients are greatly influenced by lighting conditions in the corridors, living areas and their rooms.

Today, thanks to an optimal lighting solution, we are making intensive use of the corridor and the day room as movement areas. A

combination of wall mounted and ceiling mounted luminaires lights the farthest corners. In spite of the low ceilings, the corridors appear open, clear and optically large. The optimum distribution of light, reduced formation of shadows and limited reflections allow:

- Greater comfort during movement
- Easier visual adaptation during room changes
- Better perception of the faces of the persons met

There has been an entirely positive feedback from our nursing staff as well as relatives of residents regarding these improvements. We have found with Herbert Waldmann GmbH & Co. KG a competent and reliable partner with whom we shall continue working in the future.



PRODUCTS



D-lite® vanera High-End 54/54 C



D-lite® amadea 2x39 W