



Mission/Vision

Therapeutic Environment

Data Driven process

Competent Staff

Smooth Transitions of Care

Families as Partners

Non-Med Approaches

Physician Support

2. Therapeutic Environment

What is a therapeutic Environment?

A therapeutic environment can best be described as a setting designed to help people thrive. A therapeutic environment puts in place supports to strengthen the abilities of people with dementia while eliminating the barriers, distractions and detractors that interrupt their peace, security and ability to thrive. It is a rich environment in which there is great awareness and effort placed on the individual, their needs, patterns and habits. It also attempts to remove the challenges which pose harm or impairment; those things that keep someone from thriving. This includes eliminating boredom, the effects of overstimulation

A therapeutic environment is not only the antidote or prescription for wellness for those with dementia but, should be the primary work of an organization seeking to limit the use of off label antipsychotic drugs.

Things that strengthen or add to a therapeutic environment might include enhancing the lighting or removing the kickers on a wheelchair so a resident can independently ambulate (or “scooter” around). While things that can be removed include unnecessary noise or overhead paging or switching on the lights in a resident’s room during the night-keeping them from a restful night’s sleep.

Processes:

Use the accompanying resources to help develop a therapeutic environment

Work to identify ways to transform your organization into a therapeutic environment. Consider the physical, social, spiritual and cultural aspects of your environment

Identify areas and issues that detract and cause harm or discomfort including lighting, sound level, temperature, sense of chaos or threat

Indicators:

- Scheduling practices favor resident’s needs over staffing patterns
- Staff recognize and ensure resident’s best time for waking, rising, ADLs and apply knowledge of resident’s preferred daily routine to ensure their best possible day
- Identify environmental reinforcements that will allow resident to function optimally with ease and comfort (sufficient lighting, adjustable clothes racks, tables and chairs)

Resources:

1. Creating a Therapeutic Environment
2. Stop and Listen Exercise and Tickets
3. Shift Huddle Tip Sheet
4. The Therapeutic Design