

Making a room comfortable for a sick person

Begin with their wishes

A comfortable room will look different for everyone. Ask what feels pleasant and what they would like changed. If they cannot tell you, think about what they have always enjoyed and notice how they respond.

Light, sound and air

Try gentle light, with curtains that can be opened or closed easily. Reduce unwanted noise. Familiar music may be lovely, but check its volume and allow for quiet. Keep the room at a comfortable temperature and ask before opening a window.

Keep familiar things close

A photograph, favourite blanket, book or small object can make a room feel more like their own. Keep glasses, hearing aids, a drink or a call bell within reach when appropriate. Leave clear space for carers to move safely.

Notice and adjust

Check from time to time: is the light too bright, the music too much, or the room too busy? A little change can help. If the person seems uncomfortable or you are concerned about symptoms, ask their care team for advice.

A gentle reminder

The most comforting room is one that feels like theirs.