

Bibliography

Enforcement and Compliance

Lai, P. (2024). How enforcement shapes compliance with legal rules: The case of long-term care homes in Ontario. *Can. J. Law Soc. / Rev. Can. Droit Et Société*, 39, 110–131. [cambridge.org](https://www.cambridge.org/core)

This article reports on a project that found the enforcement of regulatory requirements has been ineffective in changing behaviours in LTC homes in Ontario.

Flood, C. M., Thomas, B., & White, K. (2021). Excellent long-term care for Canadians and federal legislation. *HealthcarePapers*, 20(1), 27–33.

Human Rights and Regulation

Steele, L., Swaffer, K., Carr, R., Phillipson, L., & Fleming, R. (2020). Ending confinement and segregation: Barriers to realising human rights in the everyday lives of people living with dementia in residential aged care. *Australian Journal of Human Rights*, 26(2), 308-328.

Human rights are increasingly being considered in Australian law reform and policy discussions on how to improve the circumstances of people living with dementia in care homes. This article enriches understanding of the views on human rights held by people living with dementia and those who support, advocate and care for them, in order to ensure that law and policy reforms that promote human rights can be meaningfully enjoyed in practice.

Steele, L., Carr, R., Swaffer, K., Phillipson, L., & Fleming, R. (2020). Human rights and the confinement of people living with dementia in care homes. *Health and Human Rights*, 22(1), Article 7.

Boyle, G. (2010). Social policy for people with dementia in England: promoting human rights?. *Health & social care in the community*, 18(5), 511-519.

Boredom

Gebhard, D., & Frank, J. I. (2024). Everyday life and boredom of people living with dementia in residential long-term care: A merged methods study. *BMC Geriatrics*, 24(1), Article 1049. [springer.com](https://www.springer.com)

Summary - Researchers observed 46 PLWD and found 62.5% of residents experienced boredom, and 18.5% described boredom as a constant part of everyday life. Boredom or inactivity wasn't synonymous with sitting quietly. Some people experienced inactivity as relaxing/pleasant while others experienced frustration, hopelessness and significant boredom. The authors recommend an individualized approach.

Cohen-Mansfield, J., Dakheel-Ali, M., Marx, M.S., Thein, K. and Regier, N.G. (2015) Which unmet needs contribute to behavior problems in persons with advanced dementia?. *Psychiatry Research*, 228 (1), 59-64. Available online: <https://www.sciencedirect.com/science/article/abs/pii/S0165178115002012>

Among people with advanced dementia some of the most prevalent unmet needs identified by staff/researchers were boredom/sensory deprivation, loneliness, social interaction and meaningful activity

Environmental Press/ Progressively Lowered Stress Threshold

Cohen-Mansfield, J., Marx, M. S., Thein, K., & Dakheel-Ali, M. (2011). The impact of stimuli on affect in persons with dementia. *J Clin Psychiatry*, 72(4), 480-486.

https://www.psychiatrist.com/wp-content/uploads/2021/02/14041_impact-stimuli-affect-persons-dementia-cme.pdf

This study applies Lawton and Nahemow and describes negative outcomes when environmental press is either below competence (boredom/atrophy) or above competence. It also examines how different types and amounts of stimulation affect people with dementia across stages.

Davis, R., & Weisbeck, C. (2016). Creating a supportive environment using cues for wayfinding in dementia. *Journal of gerontological nursing*, 42(3), 36-44.

<https://journals.healio.com/doi/abs/10.3928/00989134-20160212-07>

States that when environmental press is too high or too low it can lead to maladaptive behaviour and that declining competence makes the person increasingly dependent on the environment being supportive.

Hall, G.R. and Buckwalter, K.C. (1987) Progressively lowered stress threshold: a conceptual model for care of adults with Alzheimer's disease. *Archives of Psychiatric Nursing*, 1 (6), 399-406.

Pickering, C. E., Yefimova, M., Wang, D., Maxwell, C. D., & Jablonski, R. (2022). Dynamic structural equation modelling evaluating the progressively lowered stress threshold as an explanation for behavioural symptoms of dementia. *Journal of Advanced Nursing*, 78(8), 2448-2459.

<https://onlinelibrary.wiley.com/doi/full/10.1111/jan.15173>

A study of 165 people with dementia over 2841 days found direct relationships between environmental stressors and behavioural symptoms both on the same day and the following day.

Regier, N. G., & Gitlin, L. N. (2017). Psychosocial and environmental treatment approaches for behavioral and psychological symptoms in neurocognitive disorders: an update and future directions. *Current treatment options in psychiatry*, 4(1), 80-101.

<https://link.springer.com/article/10.1007/s40501-017-0105-1>

This article reviews a variety of interventions - they conclude that as dementia progresses people become increasingly vulnerable to their environment and their stress threshold decreases. Stimuli that would be manageable for a cognitively intact person can become stressful and produce heightened anxiety or behavioural responses - therefore interventions should be tailored to the person and their ability to cope with stimuli.

Davidoff, H., Van Kraaij, A., Lutin, E., Van den Bulcke, L., Vandenbulcke, M., Van Helleputte, N., ... & Van Den Bossche, M. (2025). Environmental triggers of specific subtypes of agitation in people with dementia: Observational study. *JMIR Formative Research*, 9(1), e60274.

<https://formative.jmir.org/2025/1/e60274/>

A study examining noise and lighting specifically as triggers for agitation.

Richards, K. C., & Beck, C. K. (2004). Progressively lowered stress threshold model: Understanding behavioral symptoms of dementia. *Journal of the American Geriatrics Society*, 52(10), 1774-1775.

<https://agsjournals.onlinelibrary.wiley.com/doi/full/10.1111/j.1532-5415.2004.52477.x>

Examines Hall and Buckwater's PLST Model (progressively lowered stress threshold) as a model for understanding behaviour that may augment Cohen-Mansfield's theory of unmet needs.

Au-Yeung, W. T. M., Miller, L., Wu, C. Y., Beattie, Z., Nunnerley, M., Hanna, R., ... & Kaye, J. (2024). Examining the relationships between indoor environmental quality parameters pertaining to light, noise, temperature, and humidity and the behavioral and psychological symptoms of people living with dementia: Scoping review. *Interactive Journal of Medical Research*, 13(1), e56452.

<https://www.i-jmr.org/2024/1/e56452>

When the environmental stimulation is either over-stimulating or under-stimulating for the person with dementia, there are more behavioural expressions.

Dignity of Risk

Ibrahim, J. E., & Davis, M. C. (2013). Impediments to applying the 'dignity of risk' principle in residential aged care services. *Australasian journal on ageing*, 32(3), 188-193.

A recent discussion of dignity of risk in residential aged care, explicitly framing how services can balance harms and benefits and resident autonomy.

Just, D., Tai, S., & Palmier-Claus, J. (2023). A systematic review of policy and clinical guidelines on positive risk management. *Journal of Mental Health*, 32(1), 329-340.

Frames "positive risk taking" as a theme to guide language on policy/clinical guidelines

MacCourt, P., & Tuokko, H. (2010). Marginal competence, risk assessment, and care decisions: A comparison of values of health care professionals and older adults. *Canadian Journal on Aging/La Revue canadienne du vieillissement*, 29(2), 173-183.

Health care policy should incorporate the right to risk and independence as this reflects the values of older adults.

Infection Control: Signage

"Fixing Long-Term Care Act, 2021" Ontario regulation 246/22

-Section 8 requires signage at point of care.

-Section 23/1 of the Act which mandates that every licensee must have an IPAC program

-Section 102(2)b or O.Reg.246/22 requires the licensees to implement any standard or protocol issued by the Director with respect to IPAC.

[https://ltchomes.net/LTCHPORTAL/Content/Snippets/2023-10-06-01-EN-IPAC Standard Fall 2023 Revisions.pdf](https://ltchomes.net/LTCHPORTAL/Content/Snippets/2023-10-06-01-EN-IPAC%20Standard%20Fall%202023%20Revisions.pdf)

Ontario Regulation 67/93 "Health Care and Residential Facilities"

<https://www.publichealthontario.ca/en/Health-Topics/Infection-Prevention-Control/Routine-Practices-Additional-Precautions/Additional-Precautions-Signage>

States that there must be signage where any passage leads towards a hazard. This seems to be interpreted by Public Health as - signage at entrances to home areas.

Ontario's ministry guidance documents and templates primarily come through Public Health Ontario rather than through legislation, they have developed standardized signage and lanyard cards tailored for use in long-term care homes to visually reinforce routine practices and additional precautions. Notably, you can request permission to adapt these signs.

Ontario Fire Code

Pichler, J., Tannahil, R., & Gales, J. (2015). Architectural considerations for egress in nursing and long-term care homes. In *Sixth international human behaviour in fire symposium, Cambridge, UK* (pp. 649-654).

This article looked at mock fire evacuation drills in 8 Ontario LTC homes. They found that of the 193 residents who participated, only 3 were ambulatory and able to exit without extensive assistance. They tended to follow familiar exit routes, rather than exits that were closest to them.

Folk, L., Gonzales, K., Gales, J., Kinsey, M., Carattin, E. and Young, T. (2020) 'Emergency egress for the elderly in care home fire situations'. *Fire and Materials*, 44(4), pp. 585–606.

Available at: <https://doi.org/10.1002/fam.2820> (Accessed: 22 September 2026).

This study observed 9 fire drills at six Canadian retirement and LTC homes. They found 72% required total staff assistance to evacuate. Evacuation behaviour among residents was not predictable – many needed multiple cues from staff, would return to their rooms, etc. Environmental cues, familiarity may have fire safety implications.

Infection Control and Ethics

Power, G. A., & Carson, J. (2022, January). The promise of transformed long-term care homes: evidence from the pandemic. In *Healthcare Management Forum* (Vol. 35, No. 1, pp. 25-28). Sage CA: Los Angeles, CA: SAGE Publications.

The authors argue that many infection control centred approaches recommended by public health authorities and regulators were well intentioned but threatened other dimensions of health and well-being.

Irwin, P., Taylor, D., & Keefe, J. M. (2023). Provincial policies affecting resident quality of life in Canadian residential long-term care. *Bmc Geriatrics*, 23(1), 362.

Iaboni, A., Quirt, H., Engell, K., Kirkham, J., Stewart, S., Grigorovich, A., ... & Maxwell, C. (2022). Barriers and facilitators to person-centred infection prevention and control: results of a survey about the Dementia Isolation Toolkit. *BMC geriatrics*, 22(1), 74.

Martin-Parent, M. A., & Dewart, G. (2023). Promoting resident autonomy to maintain quality of life. *Journal of the American Medical Directors Association*, 24(9), 1266-1270.

Nurture Therapy/Robotics Cleaning

Bradwell, H.L., Johnson, C.W., Lee, J., Winnington, R., Thill, S. and Jones, R.B. (2020) 'Microbial contamination and efficacy of disinfection procedures of companion robots in care homes', *PLoS ONE*, 15(8), e0237069. doi: 10.1371/journal.pone.0237069.

This study examined microbial contamination of companion robots in care homes and found that routine use led to significant bacterial contamination. A simple cleaning procedure substantially reduced microbial levels, providing practical evidence for infection-control procedures when using therapeutic robotic animals.

Dodds, P., Martyn, K., & Brown, M. (2018). Infection prevention and control challenges of using a therapeutic robot. *Nursing Older People*, 30(3), 34–40. <https://doi.org/10.7748/nop.2018.e994>

Current evidence suggests that appropriate cleaning and disinfection between uses can substantially reduce microbial contamination on companion robots and maintain them within established cleanliness thresholds.

Hetland, B.D., Heusinkvelt, J., Rupp, M., Fey, P.D., Murphy, C., Gillett, G., Micheels, T., Baker, M., Bach, C. and Wawers, A. (2020) 'Effectiveness of cleaning protocols for a therapeutic animal robot used in the intensive care unit'. Poster presented at the Pediatric Cancer Research Group Fall Symposium, University of Nebraska Medical Center, August 2020. Available at: https://digitalcommons.unmc.edu/con_pres/19

The robot was inoculated with *S. epi*, *E. coli*, *B. cereus*. These infections agents were applied to 3 separate locations on the robot. 2. The robot was then cleaned by study staff using the established protocols. 3. ATP was measured via the Hygiena SystemSURE Plus ATP Cleaning Verification System. 4. ATP measurements were obtained at baseline, immediately after inoculation, and immediately after the completion of the cleaning protocol(s). 5. Cultures were taken immediately after inoculation and completion of the cleaning protocol(s).

The established cleaning protocols for an animal robot in the ICU are effective. • When cleaned according to the protocols, the infection risk associated with the clinical use of an animal robot is remarkably decreased. • Regarding infection control, the animal robot is considered safe to use with critically ill patients.

PARO Robots U.S. Inc. (2014). How to take care of PARO.

http://www.parorobots.com/pdf/UCmanual_1.pdf

The cleaning process for Paro uses a wire brush and is to be part of a daily routine that includes spraying the fur with Dapple cleanser, wiping the fur with a towel and then wiping again with PDI Super Sani-Cloth wipes.

Canadian Provincial Legislation: Resident Rights, Autonomy and Person-Centred Care

Alberta Government (2024) Continuing Care Health Service Standards. Available at: <https://www.alberta.ca/about-continuing-care> (Accessed: 21 September 2026).

British Columbia (2002) Community Care and Assisted Living Act, SBC 2002, c. 75. Available at: https://www.bclaws.gov.bc.ca/civix/document/id/complete/statreg/02075_01 (Accessed: 21 September 2026).

British Columbia (2019) Assisted Living Regulation, BC Reg. 189/2019. Available at: https://www.bclaws.gov.bc.ca/civix/document/id/crbc/crbc/189_2019 (Accessed: 21 September 2026).

Government of Manitoba (2005) Personal Care Homes Standards Regulation, Man. Reg. 30/2005. Available at: https://web2.gov.mb.ca/laws/regs/current/_pdf-regs.php?reg=30%2F2005 (Accessed: 21 September 2026).

Government of New Brunswick (2022) Supported Decision-Making and Representation Act, SNB 2022, c. 60. Available at: <https://laws.gnb.ca/en/showfulldoc/cs/2022-c.60> (Accessed: 21 September 2026).

Government of Nova Scotia (1995) Homes for Special Care Act, RSNS 1989, c. 203, and regulations. Available at: <https://www.novascotia.ca/just/regulations/regs/homesspecialcare.htm> (Accessed: 21 September 2026).

Government of Ontario (2010) Retirement Homes Act, 2010, SO 2010, c. 11. Available at: <https://www.ontario.ca/laws/statute/10r11> (Accessed: 21 September 2026).

Government of Ontario (2021) Fixing Long-Term Care Act, 2021, SO 2021, c. 39, Sched. 1. Available at: <https://www.ontario.ca/laws/statute/21f39> (Accessed: 21 September 2026).

Government of Prince Edward Island (1999) Community Care Facilities and Nursing Homes Act, RSPEI 1988, c. C-13.1. Available at: <https://www.princeedwardisland.ca/> (Accessed: 21 September 2026).

Government of Saskatchewan (1990) Provincial Health Authority Act, SS 1990-91, c. P-30.3. Available at: <https://www.canlii.org/en/sk/laws/stat/ss-1990-91-c-p-30.3/latest/ss-1990-91-c-p-30.3.html> (Accessed: 21 September 2026).

Government of Newfoundland and Labrador (2008) Health and Community Services Act, SNL 1995, c. H-4.1. Available at: <https://www.assembly.nl.ca/Legislation/sr/statutes/h04-1.htm> (Accessed: 21 September 2026).

Government of Quebec (1991) Act respecting health services and social services, CQLR c. S-4.2. Available at: <https://www.legisquebec.gouv.qc.ca/en/document/cs/S-4.2> (Accessed: 21 September 2026).

Provincial frameworks differ in scope. Some provinces regulate long-term care through a dedicated act, while others rely on a combination of health legislation, residential-care regulations and provincial standards or guidelines. The terminology and legal force of person-centred-care requirements therefore vary by jurisdiction.

Ontario provides a particularly detailed statutory benchmark. The Fixing Long-Term Care Act, 2021 contains a Residents' Bill of Rights that expressly recognizes dignity, individuality, lifestyle and choices, participation in decision-making, participation in care-plan development and review, consent and refusal, participation in decisions concerning care, assistance toward independence, and participation in Residents' Council. The Act also provides a mechanism through which a resident may enforce the Residents' Bill of Rights against a licensee.

Environments for Dementia

Aberdeen, S., Leggat, S., & Barraclough, S. (2010). Concept mapping: A process to promote staff learning and problem-solving in residential dementia care. *Dementia*, 131-151.

Abushousheh, A. M., Proffitt, M. A. & Kaup, M. L. (2011). 2010 Stakeholder survey: Culture change and the household model (white paper). University of Wisconsin – Milwaukee, Center on Age and Community.

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