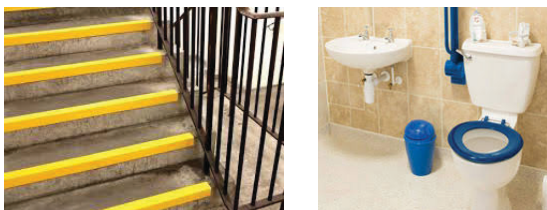


### Floor coverings:

- Avoid stripes/patterns, shiny flooring and carpets. Try to use similar coloured flooring throughout home
- Ensure door saddles are level.
- Use brightly coloured tape or paint to highlight the edges of stairs and steps, making them clearly visible.



Contrasting colours: Using contrasting colours can make things easier to see and find.

- Use coloured toilet seats, rails, towels and toilet roll.
- Use plain coloured crockery that is contrasting to the food and table.
- Use coloured light switches or place coloured stickers on switches.

### **For further information please contact Occupational Therapy:**

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Tardree Upper, Holywell Hospital, Antrim  
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## Occupational Therapy


### Creating a Dementia Friendly Home

**‘Enabling people to get the most out of life’**

#### **Our Vision**

To deliver excellent integrated services in partnership with our community

If you would like to give feedback on any Northern Trust services please contact:  
Email: [user.feedback@northerntrust.hscni.net](mailto:user.feedback@northerntrust.hscni.net)  
Telephone: 028 9442 4655

 Northern Health and Social Care Trust

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This document is available, on request, in accessible formats including Braille, audio and minority languages.

#### **Our Values**

**COMPASSION**



**C**

**OPENNESS**



**O**

**RESPECT**



**R**

**EXCELLENCE**



**E**



The home environment is critical to the well-being of someone with dementia and for those who live with them.

## Benefits of creating a dementia friendly home

- Increased independence, safety and falls prevention.
- Reduced stress for family/carers.
- Maintains a person's ability to find their way around the home.
- Helps reduce confusion, stress and agitation.

## Basic principles of creating a dementia friendly home:

- Keep things simple and easy to understand.
- Keep surroundings as familiar as possible.
- Consider if the person has difficulty with hearing or vision.

## Orientation

- Use clear signage for rooms at eye level height and label contents of cupboards/drawers that are used often.



- Consider the use of calendars, daily diaries, whiteboards and orientation clocks which provide the day, date and month. Try to locate these in places where the person with dementia will see easily and often.
- Leave the bathroom door open when not in use so that the toilet can be easily seen and quickly located.
- Keep keys, glasses and other important items in the same place - consider using a storage box as a "memory" box.



## Safety and well-being

- De-clutter hallways and rooms. Remove loose mats and anything that can be tripped over.
- Consider thermostatic controls for water temperature.
- Consider the use of signs with important reminders e.g. "switch cooker off".
- Ensure smoke alarms are in good working order - consider contacting your local fire service for a home safety check.
- Outdoor spaces – ensure surfaces are even and consider using hand rails to increase safety. If eligible, your OT can help you with this.

- Consider the use sensor alert mats, sensor lights, global positioning systems (GPS) and falls pendants etc. If eligible, your OT can help you with this.
- If a person often forgets to eat and drink, try to display food where it can be easily seen to encourage regular eating and drinking. Consider transparent cupboard doors.
- Consider leaving snacks and essentials such as tea/coffee, bread, drinks etc. on kitchen work tops as a reminder.



Lighting: sufficient lighting is important as it helps to see clearly and make sense of surroundings.

- Encourage natural light - ensure curtains are pulled back fully and promote frequent outdoor activity. This can help maintain a good sleep pattern.
- Use brighter light bulbs and/or additional lighting.
- Use sensor lights/touch lamps to help at night.
- Mirrors – can be alarming if the person no longer recognises their reflection. Use a roller blind to cover as needed.