Environmental Hints & Tips

If you get it right for dementia, you get it right for everyone.

1. Signage
   • Should be clear and concise and have good contrast between text and background
   • There should be contrast between sign and mounting surface
   • Should be fixed to the doors they refer to (not adjacent surfaces)
   • Signs should be at eye level and visible
   • Avoid the use of stylised or abstract images when implementing signage
   • Implement signs at key decision points to help with navigation / way finding
   • Signs are critical for toilets and exits
   • Always have glass doors visibly marked to avoid accidents.

2. Orientation
   • Research has shown that people with dementia use landmarks to navigate their way around both inside and outside
   • The more attractive and interesting the landmark is, the easier it is to use (plants and pictures are good examples).

3. Lighting
   • Entrances should be well lit and easy to access
   • Use natural light as much as possible as artificial lights can be dazzling
   • Overly bright lights and shadows should be prevented where possible
   • Use of brighter primary colours can help to lighten up dark areas.

4. Seating
   • In large premises a seating / waiting area can be very beneficial to avoid fatigue
   • Seating should resemble traditional seats for example a ‘wooden bench’ or ‘chair’ as apposed to a ‘Z’ new style seat

5. Flooring / Stairs
   • Avoid highly reflective and slippery floor surfaces
   • Changes in floor finish should be flush
   • Stairs should be contrasting colour to floor in order to show the obstacle clearly
   • Avoid using mats/rugs where possible as they may pose an obstacle.

For more information please contact:
Alzheimer Scotland, 160 Dundee Street, Edinburgh EH11 1DQ.
T: 0131 243 1453  E: info@alzscot.org  www.alzscot.org