

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.

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