



Environmental Tips for Family Members of Persons with Dementia

- Avoid clutter. It presents too many choices for a person with dementia.
- Order, routine and simplicity are helpful.
- Make sure there is adequate lighting. The field of vision for people with dementia often narrows as dementia progresses. Eliminate glare.
- If mirrors are distressing for the person, remove them or cover them up.
- In the bathroom, get rid of unnecessary items in order to avoid confusion (multiple bottles of shampoo).
- Eliminate background noise wherever possible.
- Use contrasting colors – they will be easier for the person with dementia to see. Color can also be used to hide things. If you want a person to ignore a door, paint the door frame, baseboard and adjoining wall the same color.



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Tips collected by Marysue Moses, Ebenezer Dementia Care Program Coordinator, from *The 36 Hour Day*, by Nancy L. Mace and Peter V., Rabins.

Smartworks 544989

