

Checklist for a dementia friendly environment

Listed below are a number of things that Innovations in Dementia suggest can be achieved at a **small scale and cost** but can have a major impact on improving accessibility for people with dementia.

Signage

- ✔ Signs should be clear, in bold face with good contrast between text and background.
- ✔ There should be a contrast between the sign and the surface it is mounted on.
- ✔ Signs should be fixed to the doors they refer to – not on adjacent surfaces.
- ✔ Signs should be at eye level and well-lit.
- ✔ The use of highly stylized or abstract images or icons as representations on signage should be avoided.
- ✔ Think about placing signs at key decision points for someone who is trying to navigate your premises for the first time.
- ✔ Signs for toilets and Exits are particularly important.
- ✔ Ensure that glass doors are clearly marked.

Lighting

- ☑ Entrances should be well-lit and make as much use of natural light as possible.
- ☑ Pools of bright light and deep shadows should be avoided.

Flooring

- ☑ Avoid highly reflective and slippery floor surfaces.
- ☑ Changes in floor finish should be flush.

Seating

- ☑ In larger premises – a seating area especially in areas where people are waiting can be a big help.
- ☑ People with dementia prefer seating that looks like seating – so for example a wooden bench rather than an abstract metal Z-shaped bench.

Navigation

- ☑ Research shows that people with dementia use “landmarks” to navigate their way around, both inside and outside. The more attractive and interesting the landmark (which could be a painting, or a plant) the easier it is to use as a landmark.