



## ADAPT A HOME : LAUNDRY

**1) Principle #1; Principle #6:** To avoid slips and falls, ensure that the laundry floor is non-slip and non-gloss to avoid glare and excessive reflectance.

**Principle #3 ; Principle #6:** To enable a person with dementia to see the environment clearly, ensure colour contrasts between walls, skirting, floors and laundry appliances; and avoid the use of bold patterns on surfaces (see the info pages on “Colour”).

**2) Principle #7:** Use appliances that are familiar to the person with dementia and if necessary they should be replaced with a similar model that looks and operates in the same way.

**Principle #4:** Consider removing washing

machine water flow tap-heads to prevent accidental disconnect of water.

**3) Principle #1:** To prevent flooding consider using a flood detector and ensure that the laundry has adequate drainage.

**4) Principle #1:** Dangerous chemicals can be stored in a separate and/or discreetly secured cabinet.

**5) Principle #10:** If space permits, leave the ironing board open and a basket of clothes ready to be ironed or folded. This can encourage activity, independence, and the retention of skills.

**6) Principle #1:** Invest in an iron with safety cut-off mechanisms; and an Iron Safe to allow the safe storage of a hot

iron; socket covers.

**7) Principle #3:** Use coloured door handles that contrast with the door so that it can be seen easily.

**Principle #3; Principle #10:** Hang a washing line directly outside the laundry room so that it can be easily seen and used. This helps the person with dementia to retain their skills and promotes their independence (see the info pages on “Orientation and Way-finding”).

Consider installing a security screen door. The lockable mesh screen provides security while still allowing for fresh air and ventilation.

**8) Principle #4:** Remove excess clutter

to avoid unnecessary confusion. Store frequently used items where they can be seen easily such as on open shelves, on a bench or in glass fronted cabinets (see the info pages on “Orientation and Way-finding”).

9) **Principle #5:** Ensure that the laundry is adequately lit to achieve a minimum

lux level of 300 lux . (See the info page on “Lighting” for tips on using a Light Meter to accurately measure lux levels).

10) **Principle #1:** Ensure that there is plenty of ventilation to prevent moisture from building up on floors and causing slips; and to allow cleaning solutions and solvents to air out from the room.



**ALZHEIMER'S RESTRICTS  
AUSTRALIA ENABLES**