



## ADAPT A HOME : DINING ROOM

**1) Principle #5:** Music can be a welcome source of positive sensory stimulation or it can be negative overstimulation.

Manage the stimuli in the environment by controlling the type of music played, the volume and by turning off the music if it is distracting for the person with dementia. Choose music that has meaning to the person.

**2) Principle #10:** Adopt a person centred approach. Consider using adaptive cutlery and crockery if needed. Contact your local Independent Living Centre (ILC) for more advice and information.

**3) Principle #3:** Consider using bright blue or red coloured crockery that will contrast well with placemats and table cloths and also with the food in the plate.

**4) Principle #3:** Colour contrast should be used to differentiate objects and also to make the edges of objects more

obvious. So, ensure good colour contrasts between crockery, placemats and the tablecloth. (see the info pages on "Colour").

**Principle #1:** Placemats should be non slip.

**5) Principle #1:** Avoid sharp edges on tables, chairs and other furniture.

**Principles #3:** Ensure that the colours of tables and chairs clearly contrast with the colour of the carpet, and that the edges of the table and chairs are clearly defined (see the info pages on "Colour" for more helpful tips).

**6) Principle #7:** Furniture must be recognisable and look like what it is supposed to be. Does the chair look like a chair?

Furniture and items must also be familiar to the person with dementia. Include

familiar and personal objects such as a favourite mug or vase and encourage their choice of colour, style and furnishings where possible.

**Principle #1:** Furniture such as dining chairs must be comfortable and have good back and arm supports.

Choose material that is durable and easy to clean.

**7) Principle #5:** Have diffuse localised lighting above tables to supplement the general lighting. A minimum general light level of 300 lux is desirable. (See the info page on "Lighting" for tips on using a Light Meter to accurately measure lux levels).

**8) Principle #5:** Plants and flowers are a great way of adding natural sensory stimulation in the environment, brightening up the atmosphere indoors through their colour, texture and fragrance.

They also provide opportunities for care and nurturing from the person with dementia.

**9) Principle #10:** Keep crockery, cutlery, glasses and other table settings on the buffet table in the dining room so that

the person with dementia can set the table for meals themselves. This helps the person retain their skills and encourages independence and meaningful activity.



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