



## Adapt a home: Dining room

- 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 living with dementia. Choose music that has meaning to the person.
- 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.
- Principle 3:** Consider using plain, brightly coloured crockery that will contrast well with placemats and tablecloths and also with the food on the plate.
- 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 living 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 a material that is durable and easy to clean.
- 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 table/tablecloth. **Principle 1:** Placemats should also be non slip.
- Principle 1:** Avoid sharp edges on tables, chairs, and other furniture. **Principle 3:** Ensure that the colours of tables and chairs clearly contrast with the colour of the carpet, and that the edges of table and chairs are clearly defined.
- Principle 5:** Have diffuse localised lighting above tables to supplement the general lighting (a minimum general light level of 300 lux is desirable)
- Principle 5:** Plants and flowers are a great way of adding natural sensory stimulation in the environment, brightening up the atmosphere indoors though their colour, texture and fragrance. They also provide opportunities for care and nurturing from the person living with dementia.
- Principle 10:** Keep crockery, cutlery, glasses and other table settings on the buffet table in the dining room so that the person living with dementia can set the table for meals themselves. This helps the person retain their skills and encourages independence and meaningful activity.