



Adapt a home: Kitchen

- Principle 7:** Use fixtures such as cross-head taps which are more familiar to the person living with dementia, rather than mixer taps. **Principle 1:** Water flow monitors, flood detectors and pressure activated plugs can help reduce the incidences of flooding and water-related slips and falls.
- Principle 7; Principle 10:** Provide opportunities for familiar and meaningful engagement such as drying and storing the dishes away after a meal.
- Principle 1:** To ensure safety in the kitchen ensure that tiles are non-slip or use a non-slip treatment on ordinary tiles to make them slip resistant.
- Principle 3:** See-through cabinets and open shelving allow for the quick and easy location of items inside kitchen cupboards.
- Principle 1:** If a conventional cook-top is proving to be a hazard, consider replacing it with a safer, induction cook-top. This enables the person living with dementia to continue to be an active participant in the household. Other safety devices include a safety cut off switch on the main power board, stove isolation switches safety electrical cords, gas detectors and gas cut-off switches.
- Principle 1:** Devices can be installed to adapt a conventional cook-top and make it safer. For example, a stove guard is a motion detector that automatically turns off the stove if the person moves away from it.
- Principle 5:** Bring daylight into the space to ensure bright, even lighting (a minimum general light level of 600 lux).
- Principle 7; Principle 10:** Provide opportunities for familiar and meaningful engagement such as drying and storing the dishes away after a meal. **Principle 3:** Be mindful of not creating a fire hazard.
- Principle 7:** If a kitchen appliance such as a kettle needs to be replaced, ensure that it is substituted with a similar kettle that looks and works in a way that is familiar to the person living with dementia.
- Principle 3:** Frequently used items should be placed on the kitchen bench top or open shelf. **Principle 10:** Provide an opportunity for domestic activities like making a cup of tea.
- Principle 3:** Kitchen servery provides a line of sight from kitchen to bedroom. Promotes inclusiveness if person is restricted to bedroom.
- Principle 3:** A whiteboard can be used to note what is in the fridge or pantry and can also be used for shopping lists, reminders and important messages.