



Adapt a home: Laundry

- Principles 1 and 6:** To avoid slips and falls, ensure that the laundry floor is non-slip and non-gloss to avoid glare and excessive reflectance. **Principles 3 and 6:** To enable a person living 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.
- Principle 7:** Use appliances that are familiar to the person living 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.
- 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.
- Principle 5:** Ensure that the laundry is adequately lit to achieve a minimum lux level of 300 lux.
- 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.
- 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.
- Principle 1:** Dangerous chemicals can be stored in a separate and/or discreetly secured cabinet.
- Principle 1:** Ensure clothes dryers are vented to the open air or have a dehumidifier function.
- Principle 1:** To prevent flooding consider using a flood detector and ensure that the laundry has adequate drainage.
- Principle 3:** Use coloured door handles that contrast with the door so that it can be seen easily. **Principles 3 and 10:** Hang a washing line directly outside the laundry room so that it can be easily seen and used. This helps the person living with dementia to retain their skills and promotes their independence. Consider installing a security screen door. The lockable mesh screen provides security while still allowing for fresh air and ventilation.
- Principle 1:** Ensure suitable floor waste drainage is maintained and in good working condition.
- Principle 1:** If required, install a pet door flap in door to the backyard so that the person living with dementia doesn't have to remember to let the pets out/in.
- 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.