



## Adapt an apartment: Kitchen

- Principles 2, 6, 7, 8, 9 and 10:** A built in work area with whiteboard for messages and open shelving for important memorabilia allows for personal purposeful space for reminiscence and keep up to date with messages throughout the day. The computer offers opportunities for meaningful engagement and social interaction with family as well as an opportunity to pursue other personal interests that provide meaning and value.
- Principle 1:** Providing concealed hidden safety switches to isolate oven and hotplate allows for safety considerations in the kitchen.
- Principle 1:** The oven has a safety mechanism that allows it to be cool when touched to prevent burns.
- Principle 1:** Ensure that the cook top includes safety devices such as a safety cut off switch on the main power board, stove isolation switches safety electrical cords, gas detectors and gas cut-off switches.
- Principle 10:** Provide an opportunity for domestic activities like making a cup of tea.
- Principles 6 and 10:** Providing a pull out mixer bowl can encourage participation and engagement with cooking. 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. Provide an opportunity for domestic activities like cooking.
- Principle 3:** Providing hooks to display mugs/cups and everyday utensils including small saucepan and colander allow items to be see and used daily. **Principle 10:** Provide an opportunity for domestic activities like making a cup of tea.
- Principle 4:** Ensure that lights and window treatments reduce glare and reflections. **Principle 5:** People with dementia require greater than average light levels. Check that your house is sufficiently and evenly lit to reduce shadows and to achieve recommended lux level of 600.
- Principle 3:** Providing open shelves allows commonly used items such coffee, tea, sugar, and plates for quick and easy location and can be easily used. **Principle 10:** Provide an opportunity for domestic activities like making a cup of tea.
- Principle 5:** Providing strip lighting under overhead cupboards ensures adequate lighting for performing tasks bench top.
- Principles 1 and 3:** The microwave has an electric lift mechanism that allows for easy access when in use and concealment for safety (if necessary) when not in use.
- Principle 3:** A small glass fronted fridge allows regular items to be used and easily seen.
- 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. In this case the whiteboard is used to camouflage the fridge and used as a message board.
- 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.