

## DID YOU KNOW

Design can have a major impact on symptomologies of dementia. Even a small change can make a big difference.

For more information and design ideas visit our website [www.enablingenvironments.com.au](http://www.enablingenvironments.com.au)



# Dementia

## Enabling Environments

SYMPTOMOLOGIES OF DEMENTIA	DESIGN CONSIDERATIONS									
	#5: Line of sight orientation: Promote independence. Position frequently used objects or spaces where they can be seen clearly and easily.	#4: Simplify tasks: Keep associated items together to make tasks easier to carry out and encourage independence. E.g. keep tea bags near the kettle and tea cups	#5: Signage: Use good clear signs which have words and symbols/ images. Use contrasting colours so that it can be seen and read easily	#5: Colour contrast and pattern: When used wisely, colour on walls, carpets and furniture can help to make objects and spaces easier to see	#2: Provide a human scale: Keep the size of the home small so that it is easier to navigate. Also consider personal space and social participation within the home	#1: Unobtrusively reduce risks: Ensure safety in the environment. Keep paths uncluttered and use colour contrast to make the environment easier to see.	#5: Assistive technology: Orientation clocks and calendars are simple yet effective ways to keep track of the day, date and time	#5: Nature: Ensure you home has window to provide views to the outside, fresh air and daylight so that the seasons can be experienced	#4: Mirrors: Some people with dementia may not recognise themselves in the mirror. If this becomes an issue, consider mirrors which can be removed or covered	#5: Optimise helpful stimulation: Include a variety of materials in the environment to add sensory interest to the space. E.g textured cushions or a wall tapestry
Difficulty with complex tasks	✓	✓								
Reduced short term memory	✓	✓			✓		✓		✓	
Reduced visuospatial perception	✓			✓						
Difficulty understanding spoken and written language		✓	✓				✓			
Disorientation with time							✓	✓		
Disorientation with place			✓	✓	✓	✓				
Disorientation with people									✓	
Apathy and withdrawal		✓						✓		✓



**ALZHEIMER'S RESTRICTS AUSTRALIA ENABLES**



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