

*tips + checklist  
for creating a safe  
environment & dementia  
friendly home*

# DEMENTIA FRIENDLY HOME *tip sheet*



## LIVING ROOM

- Ensure adequate & natural lighting
- Remove area rugs
- Reduce dark areas with deep shadows
- Carpet should be warm colors with no patterns
- Furniture colors should contrast floor & walls



## HALLWAYS & SPACES

- Create a clear pathway
- Use signage with simple directions
- All pictures & signs fixed at eye level
- Change light bulbs to high illumination/energy saving bulbs
- Put night-lights in hallways & bathrooms



## KITCHEN

- Remove all knives & sharp objects
- Put away large kitchen appliances (toaster, air fryer, coffee maker, etc.)
- Keep objects like keys, wallet, & phone in the same consistent location
- Install sensors for stove, faucet, & detectors
- Remove stove burner knobs



## DINING ROOM

- Only use minimal/non edible table arrangements
- Use bright color contrasting plates, cups, & table cloth
- Minimize home decoration & overstimulating patterns
- Add colored cover over light switches
- Use dry erase board for daily notes



## BASEMENT

- Secure steps leading to basement
- Paint bright colored handrails
- Provide safe seating & furniture
- Check for comfortable temperatures
- Secure all storage items/put in closet
- Install camera/monitor for lower level



## STAIRWAY

- Paint bright colored handrails (yellow or red)
- Provide staircase lighting if needed
- Put night-lights in hallways



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## BATHROOMS

- Have color contrasting flooring & walls
- Add a bright colored contrasting toilet seat
- Install colorful hand rails & grab bars in shower & bathroom
- Remove all bath mats and rugs
- Only use plain mat flooring



## BATHROOMS

- Put razors, tooth brushes, toothpaste, bar soap, & all bottled chemicals in a lockable container, in the cabinet
- Organize closet with bath items for accessibility for bathing routine
- Limit toilet paper amount/accessibility



## BEDROOMS

- Use warm/solid color bed spread
- Change curtains to match bed spread (warm/solid color & no busy patterns)
- Organize clothes in drawers & closets
- Add color cover over light switches
- Limit confusing distractions (television, radios, etc.)



## BEDROOMS

- Set up touch/tap lamps
- Use motion sensor lights
- Try voice activated technology: schedule reminders, lights on, and daily routines with an Alexa device
- Install camera/monitor for the home
- Hang large font clock



## EXTERIOR

- Have smooth well maintained driveway
- Set up bright colored seating (bench)
- Use simple decor to identify house
- Have a clear pathway into the home
- Add door confounding lock & door alarm inside the home
- Use grip & twist door knob cover



## EXTERIOR

- Install lights for walkway at night time
- No stairs OR add ramp for easy access
- Use solid color door knob for visual cue
- Remove all firearms from the home

