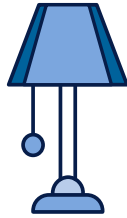


## Tips to Creating a Dementia Friendly Home

The number of seniors living with dementia more than doubles every 5 years in Canada<sup>1</sup>. Most homes are not built around the needs of living with dementia. Here are some ideas to create a more dementia-friendly home.

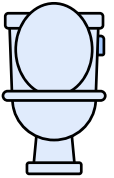
### 1) Proper lighting

Good lighting helps people see clearly and make sense of where they are. Make sure there's nothing blocking natural light from coming in through the window. Also make sure the bedroom is dark enough at night, as this may provide a better sleep.



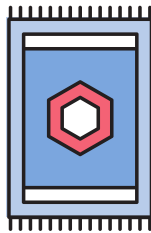
### 5) Keep the bathroom simple

Put a picture and sign on the door labeling the toilet or bathroom. Consider removing the toilet lid if it makes it easier to identify. Clear away items not used regularly and remove any loose bath mats, towels, or clothes on the floor.



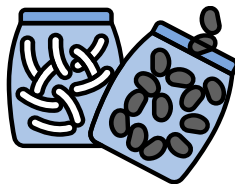
### 2) Make sure the flooring is safe

Remove anything that could be a tripping hazard eg loose rugs, cords and decorations. Make sure you can see the floor clearly and avoid flooring that's shiny or is a similar colour to the walls to avoid confusion.



### 3) Eat healthy

Eating and drinking well is important for health. Try removing cabinet doors to make them easily accessible. Use plates, cups and tablecloths with colours that contrast with food. Use clear plastic containers so you can see what's inside. Provide easy access to fruits and vegetables for snacking.



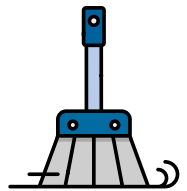
### 4) Add reminders for where things are

Those with memory problems may frequently forget where things are kept. Put pictures or signs on cupboards and drawers so you know what's inside them. Keep doors open, such as a bathroom or bedroom.



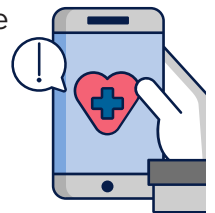
### 6) Remove the clutter

Untidiness around the home may make those suffering from dementia feel confused and distracted. Get rid of any excess clutter and make sure cupboards and drawers are tidy. Turn off the TV or radio when you're not watching or listening to them, so the noise isn't confusing or distracting.



### 7) Use technology

The Lifeline Medical Alert Service can help those with dementia communicate their needs and signal for help. Our mobile medical alert systems use advanced location technology including GPS to help find you quickly. If wandering is an issue, consider the Lifeline with Wandering service.



Contact Lifeline today to learn more:

**1-800-LIFELINE**

**1-800-543-3546**

**[www.lifeline.ca](http://www.lifeline.ca)**

1. Alzheimer Society of Canada, Navigating the Path Forward for Dementia in Canada  
Content provided by The Alzheimer's Society, "Ten Ways to Make your Home Dementia Friendly."

Coverage inside and outside the home provided where third-party cellular network coverage is available and subject to device location, environment, equipment, and facility conditions. Signal range may vary. Lifeline may not always be able to determine your location.