Designing A Dementia-Friendly Home

Dementia-Friendly Bedroom

1 - Blackout blinds.
2 - Color contrasts between the floor, headboard, comforter, and sheets.
3 - Remove clutter and rugs, tables and chairs.
4 - Remove doors from closets. Minimize choices.
5 - Consider removing or covering mirrors.
6 - Use photos and objects important to the person.
7 - Use motion-sensored lights.
8 - Ensure even, adequate lighting.
9 - Clocks that specify day or night.
10 - Color contrast between the walls, light switches, switch plates.
11 - Keep door open to the bathroom. Color contrast between the door and door frame.

Source: www.enablingenvironments.com.au