



HINTS AND TIPS THREE – THE DEMENTIA FRIENDLY ENVIRONMENT

Signage

- Are signs clear, in bold face with good contrast between text and background?
- Is there a contrast between the sign and the surface it is mounted on that allows the person to recognise it as a sign?
- Are the signs fixed to the doors they refer to?
- Are your signs at eye level and well lit?
- Are they understandable - not abstract images or icons?
- Are signs at decision points and are there 'landmarks' (e.g. an interesting painting) to help people who do not know the building navigate around it?
- Are glass doors clearly marked?

Lighting

- Areas with very bright lights or dark shadows can cause problems for people with perceptual difficulties.

Flooring

- Shiny or reflective floor surfaces or patterned flooring can cause confusion for someone with perceptual problems.
- Changes in floor surfaces and steps can be 'trip' hazards as can 'clutter' on a floor or around a room.

Changing rooms and toilets

- Some people may need assistance in the toilet or trying on clothes – will your facilities accommodate this, particularly if the carer/ helper is of the opposite sex?
- Is the exit from the toilet(s) clearly indicated for people who do not know the building. Are locks in cubicles accessible from outside in case the person gets locked in?
- A toilet seat in a contrasting colour (to the toilet and rest of walls) can be easier to see for someone with visual problems

Seating

- Is there seating available? Is it easy to get in and out of, in case people have mobility problems? Does it look like seating?