

# Dementia Friendly Home Tips



A safe and accessible home environment can make a big difference for individuals living with dementia. Use these simple tips to reduce risks, promote independence, and create a space that feels secure and familiar.

Learn more:

**LifeStream Services:**

800-589-1121 or [lifestreaminc.org](http://lifestreaminc.org)

**Alzheimer's Association:**

800-272-3900 or [alz.org](http://alz.org)

## Entry Way

- Install a door lock that can be used with a traditional key or passcode. Try to find a lever-style door handle that pushes down rather than a round doorknob that needs to be gripped and twisted.
- Choose a door color that contrasts with the interior wall to help improve sight and depth perception.

## Kitchen

- Use transparent, plastic food storage containers with labels for nonperishable items such as pasta, cereal, coffee, and tea to provide visual memory cues.
- Add automatic fire extinguishers over the stove top that magnetically attach to the hood and dispense baking soda if a cooking fire occurs.

## Dining Room

- Opt for color contrast dishware and place settings to aid vision and depth perception.
- Replace cups with ergonomic mugs — these enhance grip and make it easier to hold and drink beverages.

## Living Room

- Choose a simple universal remote that can be preprogrammed to five favorite channels — this eliminates confusion and the stress of having to struggle with complicated remotes.
- Add a console that can serve as an activity center which stores cognitively stimulating items such as photo albums, music, and arts & crafts.

## Bedroom

- Use a soothing colored comforter to promote calm feelings.
- Adapt dressers by 1) Adding labels for contents in each drawer to help memory cueing; 2) Using color contrast knobs to help vision; 3) Covering sharp edges with rubber corner protectors to prevent accidental injuries.

## Bathroom

- Install handrails in the shower and next to the toilet to help prevent falls and add extra support.
- Choose color contrast towels and bathtub mat to help prevent falls and enhance depth perception.