

Considerations for Dementia Care Environmental Modifications:

Toileting:

Remove bathroom door – to see where toilet is
Use bright colored toilet seat or paint the wall behind a white toilet a darker color
Have a nightlight
Move bed closer to toilet
Place a picture of a toilet on the bathroom door
Use bright colored tape on grab bars
Place arrows on floor as a map to the bathroom
Place glow in the dark tape on floor to bathroom
Toilet schedule

Dining:

Limit noise
Decrease stimuli – turn TV off
Have good lighting – natural daylight if able
Monitor temperature
Play music
Sit with appropriate people to improve socialization
Cut food, open all packages – sugar, salt, pepper,..
Ask dietary not to send tray with condiments, put them on prior
Use color-contrasting items. Orange stimulates appetite (blue suppresses)
Use straws
Offer carbonated drink to stimulate appetite
Fill hot beverages half way to prevent spills
Use a cup/mug with a lid
Use clear cup in room not huge colored jug
Table height must be appropriate for w/c height
Bring pt. into dining area last

Bathing:

Shower chairs look like a toilet – use a tub bench
Play calming music
Monitor temperature
Keep them covered with a towel
Give them a washcloth or sponge to hold & bar of ivory soap
Wear swimming shoes
Make the bathroom look like a bathroom – shower curtain, towels,.

Dressing:

Label drawers with pictures (see samples posted)
Lower clothing bar in closet
Lay clothing in sequence from left to right or top to bottom
Limit fasteners – sweats, t-shirts, nightgown
Lay clothing out the night before
Give the patient a choice between two different outfits

Ambulation/transfers:

Play music to cue “walk to dine” program
Remove rolling bedside table
Remove mats by the bed if contributing to fall risk
Green tape or big bright balls on w/c brake extenders
Only have gripper socks in drawer – remove all other socks
Wanders into other pt.’s rooms – Fabric on curtain rod in doorway, “Sorry, we are closed,” “Dead End”
High chair seats for easier transfer