



# Environmental Checklist for Patients around the Home

When designing a space, whether it be our own homes, or workplace, our aim is to make the place function for us, with all the things we need to make ourselves happy and comfortable.

However, when it comes to helping organise a person living with dementia's home, we find that extra work is needed to be taken to make the space safe and stress-free for the client.

Use this handy checklist we've made to help create a space that is functional, safe and stress-free for a person living with dementia.

## Lighting

- Are all entrances well-lit?
- Are bulbs not too bright?
- Are staircases completely lit up?
- Are light switches visible?

## Flooring

- Are carpets plain or minimally patterned?
- Are smooth floors non-reflective?
- Are floor finishes flush with one another?

## Bathroom

- Are necessary fixtures in place?
- Is the toilet seat a contrasting colour from the rest of the room?

## Seating

- Is seating indoors obvious & identifiable?
- Are the seats comfortable?
- Is outdoor seating also identifiable?

## Doors

- Are door handles D shaped for ease of use?
- Are door handles a contrasting colour to the doors?
- Are the doors a contrasting colour to the walls?

## Notes

- Are notes/signs clearly written?
- Are notes placed on contrasting backgrounds?