



Dementia Friendly Environment Checklist

Where possible, all events should be as dementia friendly and inclusive as possible. There are simple steps you can take to include everyone, from inviting your local care home, or Alzheimer's Society group, to making sure all signage is clear and there's not too much noise.

Below is a checklist to make your event dementia friendly. This list is not exhaustive, and you shouldn't be put off your event if you cannot tick them all off. If possible speak to people living with dementia and ask them how they find the area.



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Quiet space

- Do you have a quiet space for someone who might be feeling anxious or confused? A few minutes with a supportive person might be all that's needed.

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? This will allow the person to recognise it as a sign.
- Are the signs fixed to the doors they refer to? They should not be on adjacent surfaces if at all possible.
- Are signs at eye level and well-lit?
- Are signs clear? Abstract images and icons can be confusing.
- Are signs placed at key decision points for someone who is in the building/area for the first time?
- Are signs for toilets and exits clear? These are particularly important.
- Are glass doors clearly marked?

Lighting

- Are entrances well-lit and make as much use of natural light as possible?
- Avoid using areas with bright light or deep shadows.

Seating

- Do you have a seating area where people are waiting? This can be a big help.
- Does your seating look like seating? People with dementia will find this easier (for example a wooden bench would be preferable to an abstract metal Z-shaped bench).

Flooring

- Are surfaces non-reflective and non-slippery? Highly reflective surfaces can cause confusion.
- Are carpets plain, neutral or mottled? Bold patterned carpets can cause problems for people with perceptual problems.
- Are changes in floor finish flush rather than stepped? Changes in floor surfaces can cause some confusion due to perceptual problems. If there is a step at the same time you also introduce a trip hazard.

Changing rooms and toilets

- Do you have a changing room (where applicable) where a carer or partner can help out if the person needs help with their clothes?
- Do you have a unisex toilet or other facility which would allow someone to have assistance without causing them or other user's embarrassment?
- Toilet seats that are of a contrasting colour to the walls and rest of the toilet are easier to see if someone has visual problems.

Navigation

- Research shows that people with dementia use 'landmarks' to navigate their way around, both inside and outside. The more attractive and interesting the landmark (which could be a painting, or a plant) the easier it is to use it as a landmark. Have you had a good look round and thought about these landmarks?

We would like to acknowledge Innovations in Dementia, a Community Interest Company, whose original check list formed the basis of this checklist and the Bradford Alzheimer's Society; who further developed this checklist to include all of the points above. The original Innovations in Dementia checklist can be found in the guide 'Developing dementia friendly communities' which was written on behalf of the Local Government Association. The full guide can be found at local.gov.uk following the links to resources.

Alzheimer's Society operates in England, Wales and Northern Ireland. Registered charity number 296645.



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