



Dementia Friendly Premises Checklist

Making small changes to your premises can make a big difference and impact on improving accessibility for people with dementia. Some, such as clear signs and lighting, can be done at minimal cost; others will involve some investment, and should be considered as budgets allow, and when replacing fittings.

Use this checklist to have a good look round the public areas in your building. For example, remember to check corridors leading to the toilet. People may go in following the signs, but not remember which door they came in by. A simple 'WAY OUT' sign on that internal door will help.

CHECK	AREA	ACTION
	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 to continue the transaction.
	Signage	Are your 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 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 highly stylized or do you use abstract images or icons? (These should be avoided) Are signs placed at key decision points for someone who is trying to navigate your premises for the first time? People with dementia may need such signs every time they come to your building Are signs for toilets and exits clear? These are particularly important. Are glass doors clearly marked?
	Lighting	Are entrances well lit, making as much use of natural light as possible?
		Are there pools of bright light or deep shadows? (These should be avoided)

CHECK	AREA	ACTION
	Flooring	<p>Are there any highly reflective or slippery floor surfaces? Reflections can cause confusion.</p> <p>Do you have bold patterned carpets? Plain or mottled surfaces are easier; patterns can cause problems to people with perceptual difficulties.</p> <p>Are changes in floor finish flush rather than stepped? Changes in floor surfaces can cause confusion due to perceptual problems. If there is also a step it becomes even more of a trip hazard.</p>
	Changing rooms and toilets	<p>Do you have a changing room where an opposite sex carer or partner can go to if the person needs help with their clothes? If not, are staff briefed on how to meet this need sensitively.</p>
		<p>Do you have a unisex toilet or other facility which would allow someone to have assistance without causing embarrassment to themselves or other users?</p>
		<p>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.</p>
	Seating	<p>In larger premises, do you have seating, especially in areas where people are waiting? This can be a big help.</p> <p>Does the seating look like seating? For example, people with dementia will find a wooden bench easier to recognise than an abstract metal Z-shaped bench.</p>
	Navigation	<p>Research shows that people with dementia use “landmarks” (which could be a painting, or a plant) to navigate their way around, both inside and outside. The more attractive and interesting the landmark the easier it is to use. Have you had a good look round and thought about these landmarks?</p>
	Other potential issues	<p>This list is not exhaustive. If possible speak to people living with dementia and ask them how they find your premises.</p>

This Document is taken from the Alzheimer’s Society Guidance and slightly modified. The full guide can be found at <http://www.local.gov.uk/ageing-well> following the links to resources.