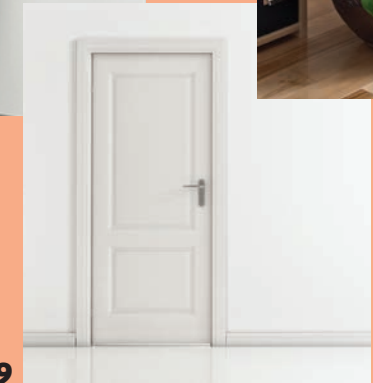




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VISUAL ENVIRONMENT

As dementia progresses, it sometimes becomes difficult to interpret what one sees. Certain sights can be visually disorienting, even causing confusion and fear. It is therefore important to maintain visual environments that are calm and easy to understand.

Visual clarity begins at home.

WHAT HAPPENS WHEN YOU CAN'T SEE CLEARLY ANYMORE



As we age, it becomes difficult to differentiate between the plate and the food. Dementia exacerbates this challenge.

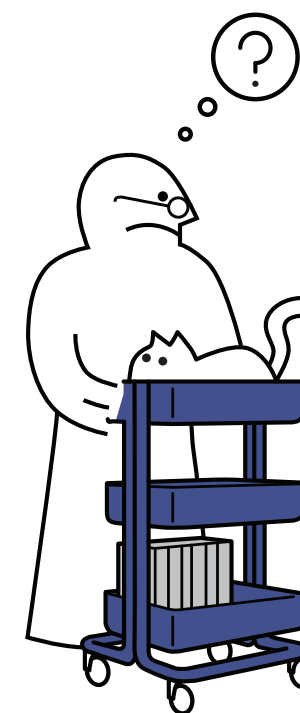


Sometimes Albert has trouble identifying objects

Persons with dementia may have problems with visual processing even though their eyesight is still intact. It is sometimes a challenge for them to interpret and recognise everyday objects.



Visually complex patterns might be confusing. They cause problems with orientation and increase the risk of falling.



Clarifying the Environment

As it becomes harder for care recipients to read and interpret their domestic spaces, it is important that we clarify the visual environment and render it more legible for them. We can highlight essential daily objects through colour distinction and reduce visual clutter by masking unnecessary or dangerous items — creating a safe and calm space that encourages everyday autonomy.

INDEPENDENCE

When we understand our environment, we are less fearful of it, enabling us to navigate with greater confidence.

LEGIBILITY

A clearly defined space with reduced visual clutter makes the environment more legible and easy to understand.

CALMNESS

Clarity begets calmness. Care recipients are less likely to get agitated or frustrated in a clear environment.

CONFIDENCE

A clearer environment improves awareness and perception of bodily motions, creating confidence in our actions and movements.

SAFETY

It is always safer to navigate around a visually legible environment.





Highlight the things that are important

Accentuate essential daily items or frequently used locations with wayfinding cues, colour distinction and brighter lighting. Do not be afraid to single out key elements for visual hierarchy and priority. This helps create visual order and clarity.

Colour contrast need not be limited to highlighting essential landmarks at home. They can also bring attention to memories and keepsakes. Frame up family photos like graduation, travels, family events, to remind care recipients of the people who matter the most.

01 GURLI cushion Select contrasting colours for cushions to make the couch more inviting.

02 RIBBA frames Bold, thick photo frames highlight the photos in them as a constant reminder of family and friends.

03 HEKTAR floor lamp Use a lamp to illuminate and draw attention to essential items or an important part of the room.

04 BURVIK red table A table in a bright contrasting colour accentuates the items on it.

05 MELODI pendant lamp Keep corridors and walkways brightly lit.

06 Marked door A highlighted doorway marks out frequently visited rooms.



Make the stair safer by highlighting step edges with a bright, high-contrast colour. The grip improves if these edge nosings are in a non-slip material.



Have a contrasting colour for the floor skirting so that care recipients can distinguish between the walls and floors. This avoids confusion, especially if the floors and walls are in similar colour tones.

Read the contrast, tread safely

When floors and walls look similar, navigating the home becomes confusing. Highlight doorways or steps with accented colours to help them find their way. Avoid patterned or textured flooring as they can cause confusion.



Mark out frequently used rooms by accentuating the door or frame colour.



Invite interaction with contrast



Coloured handles and knobs stand out more.



Accent your sofas with bright-coloured cushions for a bright, uplifting environment.
GURLI yellow cushion From IKEA.

Research shows that eating from blue-coloured plates increases food intake.

KALAS cutlery set From IKEA.



A glass of water on a bright red tray table can be a subtle cue to hydrate oneself regularly.

BURVIK red table From IKEA.

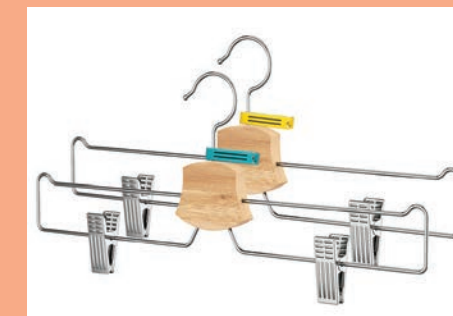


Red is an easy colour to recognise for older persons with impaired vision.



Switches that blend in with the wall can be easy to miss. Contrasting colours make them more noticeable.

TOOLS FOR COLOUR MARKING



Colour your world!

Stickers, paint, coloured hooks and clips — the possibilities for using colour to enliven the home are endless. Use favourite colours to personalise spaces and objects. This makes the home environment come alive.



SALTHOLMEN
folding table and chairs

\$199

01

Prevent wandering into potentially dangerous areas

Visually (and physically) block exits by placing cosy furniture in front of them, inviting them to rest.

Visual cues to curb wandering

Persons with dementia may wander beyond the home unnoticed. They may also insist on leaving home in certain moments of confusion. Here are some ways to curb these tendencies by altering the visual environment.



02

Curb wandering

A black mat can sometimes be perceived as a hole in the ground. Certain care homes place such mats at exit doors as a safety feature to discourage wandering. However, doing so presents an ethical dilemma as it may incite fear. Consider the appropriateness of this safety measure before employing it.

YDBY black door mat FROM IKEA.

03

Camouflage exit doors

Conceal the exit door by painting it in a colour similar to the adjacent walls. This prevents care recipients from leaving home unsupervised.



Have a continuous chain of handles along the way from the bed to the toilet - just like a string of pearls. This ensures that physical support is available whenever it's needed.

01 OMTÄNKSAM red grab bar Bright colours make the grab bar fun and enticing.

02 SATSUMAS plant stand How about a wall-mounted ladder frame as both a plant stand and a grab bar? It's suitable for squatting exercises too.

03 LOSJÖN coloured hooks These versatile hooks are more than hangers for photo frames. They also double as grab handles.

04 KALLAX shelving unit Select bedside tables that are around 80cm high. They also function as useful lean supports when one stands up.

05 ÖSTERNÄS leather handle These tactile add-ons make the table look cute — and also serve a practical purpose.

01



Handles and bars should be secured at a height of 75 to 80cm from the floor.

02

03

04

05

Lean on me, when you're not strong

Older-aged persons are occasionally prideful and resist using walking aids or safety handrails. Disguise handlebars as attractive fixtures for everyday furniture and wall decorations. Turn walls and surfaces into tactile interfaces that one can hold and accent them with attractive, visually contrasting colours.



Keep chemicals like detergents in nondescript, camouflaged containers so that care recipients do not notice them.

01 ENUDDEN white dispenser FROM IKEA.

Remove unnecessary distractions to simplify choices. Clarify the visual environment with camouflage — by choosing the same colour for doors and objects as the walls behind. Cover unused buttons on the TV remote control to simplify its use. Environments and interfaces that are easy to understand are enabling, especially for persons with dementia.

02 VIVAN white curtain If painting the door is not possible, drape a curtain of similar colour to the wall over the opening to conceal the clutter behind.



Lowlight to reduce visual clutter

A DRAPE TO SIMPLIFY



\$19.90

VIVAN
curtain **02**



FICUS ELASTICA
house plant

\$15.90

Houseplants improve air quality

Research shows that houseplants can reduce indoor air pollutants by as much as 85%. NASA recommends 15 to 18 houseplants for an 1800 square feet home.

FICUS ELASTICA From IKEA



Let plants be a part of everyday life. Place them where they can be encountered daily up-close, like the bedside table.



Plants lift us up where we belong

Not only do they make the home cosy and pleasurable, they are also functional. Care recipients can use plants as visual landmarks to safely navigate the home environment. They also improve indoor air quality by removing harmful pollutants.

FAMILIARITY ENABLES.

See VOICES chapter for what the doctor says on the benefits of familiarity.

That same coffee tin

That same kopi mug

That same kopitiam chair

