

Ten tips to help a person with dementia and sight loss in the home

6



working together

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The advice given here will help you feel confident about supporting a person with dementia and sight loss at home.

- 1 Gain an understanding of the effects of the eye condition(s).
- 2 Remember the 3 C's - correct, clean and current glasses are worn.
- 3 Use vertical blinds to control adverse effects of natural light such as glare and shadows.
- 4 Artificial lighting levels should be consistent, even and controllable.
- 5 Avoid lampshades and lighting features that allow the bulb to be viewed directly.
- 6 Make things brighter and bolder using good colour and contrast.
- 7 Avoid reflective surfaces, as well as highly patterned wallpaper, carpets and furnishings.
- 8 Encourage a consistent clutter free environment to avoid trip hazards.
- 9 Use meaningful signifiers and appropriate well contrasted and consistent signage.
- 10 Local authorities can provide assessments to identify aids and adaptations to support with sight loss.



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