

## Environmental tips to help a person with dementia and hearing loss

- Use soft furnishings such as carpeted flooring to absorb background noise.
- Have quiet areas where people can go to have conversations.
- If hearing aids are worn, make sure they are working.
- Install induction loop systems and ensure they are working.
- Use memory boxes and pictures depicting local scenes.
- Fixtures and furniture should be age appropriate and homely.
- Maximise use of natural light where possible.
- Lighting levels should be consistent, even and controllable.
- Use clear and consistent signage.
- Offer guidance and support where appropriate.

**For information on hearing loss, phone 0141 341 5330  
(Textphone 0141 341 5347)**

**[www.actiononhearingloss.org.uk](http://www.actiononhearingloss.org.uk)**

# Environmental tips to help a person with dementia and sight loss

- Maximise use of natural light where possible.
- Use vertical blinds to control adverse effects of natural light.
- Lighting levels should be consistent, even and controllable.
- Make things bigger and use good colour contrast.
- Avoid highly patterned wallpaper, carpets and furnishings.
- Avoid reflective surfaces to minimise confusion.
- Encourage a clutter free environment to avoid trip hazards.
- Fixtures and furniture should be age appropriate and homely.
- Use memory boxes and pictures depicting local scenes.
- Use well contrasted and consistent signage.
- Offer guidance and support where appropriate.

**For information on sight loss, phone 0131 652 3140**  
**[www.rnib.org.uk/scotland](http://www.rnib.org.uk/scotland)**