

Occupational Therapy – Adult Learning Disability Service

Checklist for Dementia Friendly Domestic and Social Activities

People with Dementia should be supported to be independent for as long as possible as this will enhance their wellbeing. This checklist provides guidance to support an individual maintain their independence by engaging with day to day activities. Activities may need adapted and broken into smaller tasks to suit the individual.

Personal Care

Morning Routine

- Talk through morning routine as your doing it.
- Discuss what is needed for next task.
- Encourage to do as much of the task as possible.
- Take time for processing then prompt if needed.

Medication

- Keep to a routine of when to take medication, morning and night.
- Work through NOMAD with individual, highlighting days of the week.
- Alarmed medication reminders may suit the individual.

Bathing

- Keep to a routine of morning or evening for bath/shower.
- Check temperature of water for bathing routine.
- Use same products each time.
- Use large soft towels for comfort.

Dressing

- Dress in a warm comfortable area.
- Set out clothes in order of putting them on.
- Keep fastenings simple, larger buttons, velcro.
- Use toiletries with nice smells.

Domestic Activities - Simple Household Tasks.

Washing Dishes

- Washing dishes should routinely be carried out after meals/snacks.
- Prepare the area, regulate temperature of water to warm.
- Keep soapy liquid beside sink.
- To prevent overwhelming the individual only wash a few items at a time.

Hanging up Washing

- Keep to a routine.
- Prepare the area for task, clothes rail, clothes line, pegs.
- Choose smaller items or simple larger items like towels to hang up.
- Set time/day to check when dry.

Folding Laundry

- Keep to a routine.
- Prepare the area for task with items needed.
- Do small loads at a time.
- Fold smaller/easier items like hand towels, t-shirts.

Making Cups of Tea

- Prepare kitchen area for set task.
- Keep all items needed near each other and visible. For example place the kettle, a mug and teabags beside each other on the work top. This will prompt an individual to make a cup of tea when entering the kitchen.
- Check out simple equipment online. For example kettle tipper, water leveller for cup. Dementia Aids available from Care Shop under Dementia Aids.

Simple Meal Preparation

- Prepare kitchen for each task.
- Individuals with Dementia can be vulnerable on their own in the kitchen during cooking. It would be beneficial to consider pictorial signs on kitchen door/cupboards to remind individual to remain in kitchen and ensure all

appliances are safely switched off. If this is not successful consider only using timed appliances for example, microwave, toaster.

- Keep to simple meals like beans on toast, soup and sandwiches.

Social Activities In and Out with the Home

These are some suggestions that can be set up within the home or facilitated by family, friends or support. Activities should be simple, achievable and of interest to the individual.

In the Home

- Baking simple cakes, tray bakes.
- Crafts, colouring in, painting, model making.
- Simple exercise on own or with support.
- Scrap books to promote discussion of things important to the individual.
- Music from the past 50's 60's 70's.
- Establish a memory box thinking about smell, touch, sounds from the past.
- Pictures of family and friends through the ages and displayed in the house.
- Old time films/musicals, routinely create a film afternoon.

Out with the Home

- Museums/libraries for history books, old paper stories, displays.
- Local Dementia clubs, groups to meet up with friends.
- Contact with important others through letters, phone calls.
- Shopping for items for others such as birthday cards, sending flowers.
- Shopping for clothes, toiletries, choosing what the individual likes.
- Going to the hairdressers or getting nails done.
- Going for a coffee/lunch in individuals local area.
- Going for the paper/magazine for local news, TV guide.
- Gardening

Useful Organisations/ Contact information

Fife Council Contact Centre (including Telecare and Social Work) – **03451 551503**

Scottish Fire and Rescue Service (East Scotland) - **0131 344 5200**

Alzheimer Scotland – **0808 808 3000** – <https://www.alzscot.org/>

Age Scotland – **0800 124 4222** – <https://www.ageuk.org.uk/scotland/>

To enable us to continually improve our service please contact our Occupational Therapy team if this guidance has been successful or if you are still experiencing difficulties, please contact our Occupational Therapy Adult Learning Disability Service on **01383 565223**.

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Checklist for a Dementia Friendly Environment

Lighting

- During the day check there is good lighting throughout the home environment by ensuring that any natural light is not blocked by fittings, fixtures or other objects.
- Brighter bulbs in fittings could be used to create this also.
- The bedroom should be dark at night to create a sleeping environment.
- Black out blinds/curtains could be used for this effect.

Flooring

- Remove all tripping hazard such as rugs, clutter, wires on the floor and any low furniture such as coffee tables.
- It is particularly important to avoid having patterned surfaces and surroundings as this can often heighten the risk of falling/tripping due to changes in visual perception.
- In households with stairs you may want to consider marking the edge/beginning of the stairs with a contrasting colour of tape.
- Avoid shiny reflective flooring.

Fixtures and Fittings

- Avoid patterned wall coverings and where possible try to use contrasting block colours to highlight specific areas e.g. Walls magnolia and door frames blue.
- Light switches should contrast the walls, bedding should contrast with the wall and flooring and place settings should contrast with the plate and the table.

Knowing where things are

- Store items in the same place repeatedly.
- Use visual or pictorial prompts and planners to help orientate them within the home environment. For example, a picture of a toilet on a bathroom door or a picture of a fork on the cutlery drawer.
- Ensure signage is at eye level of the individual who requires the prompts.
- Keeping doors open throughout the home environment may also assist with orientating a person.

Eating and Drinking

- Ensure that bowls/plates are contrasting to the food within and the table mat being used. For example, if serving beans use a white bowl with a blue placemat.
- Always avoid having pattern or shapes on all crockery, placemats or table covering.
- It is beneficial to make sure items to complete one task are easily found together. For example, next to the kettle have one mug and tea bags near to the fridge. This creates an environmental prompt to make a cup of tea.

Using the Bathroom

- Remove any items which are cluttering surfaces and not being used.
- Contrasting colours should be used for hand towel and toilet roll.
- It may be beneficial to remove the toilet lid and to consider the purchase of a contrasting toilet seat.
- The toilet light should be left on during the night.
- Flood prevention plugs should be considered for the bath and sink.

Keeping Safe

- Consider safe storage for harmful or hazardous items such as bleach, medication and sharps.
- It is beneficial to have emergency contacts listed clearly near the phone; photos to accompany this list may be helpful.
- Handrails and grab rails can be installed in any area where trips/falls are likely. This could include the front door, stairways and the bath/shower. These can be requested through the Social Work contact Centre.
- Telecare can provide advice about services such as Community Alarm's, Heat Sensors and Door Sensors.
- The Fire Service provides free Fire and Safety checks on households. This may be beneficial to consider if there are safety concerns and this can be continued annually.

Keeping Active and Engaged

- Consider the day to day routines and activities of the individual.
- Make sure all activities being undertaken are available and easy to find.
- It may be beneficial to prompt routines within the home showing these on a planner/timetable with pictures.
- Large faced clocks and calendars may also help with orientation within the day/time of week.

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