



# DesHCA

DESIGNING HOMES FOR  
HEALTHY COGNITIVE AGEING



**DESIGNING FOR LIFETIME**

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**TIPS AND TRICKS FOR CREATING  
A HOME THAT SUPPORTS YOU**



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# INTRODUCTION



People often talk about getting older as if it's an event that happens all at once, at some point in the dim and distant future. It doesn't matter what age they are now, what matters is that they're not old yet! And there's nothing wrong with this approach... so long as we don't let how we feel today get in the way of thinking about how we could make our lives easier and more comfortable in the future.

This booklet is intended to help you understand the basics of ageing and dementia friendly design, setting you on the path so that you can think creatively about how you can incorporate these ideas into your own home in a way that feels right for you.

It has been developed as a resource for anyone who wants to take practical steps towards making their home more supportive and accessible for people living with cognitive change. The advice within these pages is based on academic research and informed by the work of the Designing Homes for Healthy Cognitive Ageing project, so whether you're living with dementia, supporting someone who is, or simply planning to grow old in the home of your choice, this booklet is for you.

Throughout this booklet, we will explore various design principles and strategies that can make a home more supportive for people living with dementia or cognitive change. From lighting and colour choices to spatial layouts and wallpaper selection, we will give you some tips and tricks to help you create a more supportive home.

We're not saying that reading this booklet will make you an expert in dementia design, or help you create the 'perfect' supportive home- but it doesn't have to. Creating a home that works better for people as they age isn't about striving for perfection- it's about thinking creatively, adapting to changing needs, and making those small changes that make life just a little easier, whether you're living with dementia or not.



# GENERAL PRINCIPLES



Creating a home that supports and enables people to live with dementia or cognitive change means thinking carefully about their unique needs and challenges.

This section outlines some general principles to help you create a more supportive space. We encourage you to think about how these principles could apply to the different rooms in your home and keep them in mind the next time you think about redecorating, reorganising, or moving home.

## **Contrast**

Many of us think carefully about our colour choices when decorating our homes, but it's easy to forget about the importance of contrast when you're creating a supportive space. Here, contrast in colour is based on how much light a colour absorbs or reflects. Darker colours absorb more light and lighter colours reflect the light, making them highly contrasting in nature.

Using contrasting colours to differentiate between different parts of the environment can provide extra 'clues' that a person living with dementia needs to

make sense of their environment. You can think about how to bring contrast to the built environment of your home. For example, by asking yourself whether your doors or banister contrast with the colour of the wall. In relation to your furniture, you can check whether the chair or sofa contrasts with the floor, and so on.

Introducing contrast can help provide extra information that people living with dementia or cognitive change can use to make sense of their environment by making it easy to see where one object ends and another begins. This can be particularly useful for helping people find their way around a space (such as in hallways or on the stairs) as well as helping them maintain independence by making it easier for them to find and use the furniture and objects around them.

You can measure contrast in a variety of ways, but one easiest way is to take a photograph using a smartphone or tablet device and turn it into a greyscale or black and white photograph using the edit feature. Looking at the photograph without colour will help you notice which areas rely on colour to stand out as well as contrast. You can take this a step further by using the blur feature on your device to see how quickly even familiar spaces can become distorted or difficult to navigate without contrast. Introducing contrast to those spaces might provide more information to help someone living with dementia.

## **Colour**

There are no specific colours that we recommend or warn against when adapting or changing your home to support someone living with dementia. Colours can help

you decorate things to suit your tastes and preferences while still making them more accessible and supportive for someone living with dementia or cognitive change.

Knowing that you can use different colours throughout your home also allows you to think strategically when it comes to painting or decorating the space. We would recommend thinking about using colour as a tool to help someone living with dementia find their way around the home. This might include taking steps like painting the bathroom door a different colour to make it easier to find or painting your front door to stand out from the rest of your street.

## **Pattern**

While many of us enjoy using patterns in our home design, it's important to think carefully when choosing and using patterns in the home of someone living with dementia or cognitive change. This is because dementia can change how a person perceives or processes patterns which may cause them to appear to move or to become distorted as their brain struggles to 'make sense' of what it's seeing.

It's important to note that we're not saying that people living with dementia should not have patterns in their home or use them in their home design. We're simply suggesting taking a creative-but-cautious approach to patterns. After all, it is easier to flip over a pillow if the pattern starts to move than it is to change the wallpaper! Think about where you can make changes to make it easier for the person's brain to make sense of their environment. This may mean choosing plain flooring over patterned flooring. A pattern may be

confused with an uneven floor with deep dark holes or tall light peaks, which should be avoided. Avoiding large murals (which asks the brain to decide if it's looking at a picture or a real object) or putting pictures in frames (to help the brain see where the image begins and ends) are more dementia friendly.

## **Light**

Most people will find that they need to add more lighting or brighter lighting as they age. This is a result of age-related changes in the eye and means that an older person may need twice as much light as a younger person to see clearly.

Thinking about increasing the level of light in a room can include easy changes, like making sure the curtains are pulled all of the way back, as well as choosing brighter bulbs that mimic daylight and adding extra lights where required. It isn't always as simple as adding extra light, however, so keep an eye out for reflective surfaces (like glass or polished wood) which may produce glare when under direct light.

## **Reflections**

It's common for people living with dementia to experience some difficulties around reflections, particularly if they are having trouble recognising themselves in the mirror. Be aware of the reflective surfaces in your home, and think about the steps you might take to cover them if needed (such as closing the curtains at night to avoid reflections in the window, or installing a roller blind over a mirror) to prevent someone with dementia being if they see an unexpected figure looking back at them!



# ENTRANCES



It's common for people living with dementia or cognitive change to find it difficult to navigate different places and spaces. It may even be difficult for them to find their way around or between places that they are familiar with. The experience of becoming suddenly disorientated or feeling lost 'out of nowhere' can be distressing and stressful and can have a significant impact on the person's self-esteem and independence.

We recommend thinking about the process of creating a dementia friendly or supportive home as one that goes from the outside in. Begin by standing outside your home and looking around. Take some time to notice and compare the area around your front door to that of your neighbours. What sets your home apart?

Differences might include:

- A garden that stands out or reflects your personal taste or style (this might be through the plants you grow, the ornaments you pick, or the colour of your fence!).

- Flat or house numbers that are easy to see from the road, in a colour that clearly contrasts with the surface behind them.
- A front door of a different colour or design to those of your neighbours.

Remember that each choice that you make that helps your house to stand out from those of your neighbours can become a clue for someone living with dementia, giving their brain more information to help it pick out their front door in a row of doors that might otherwise look very similar to one another.

Next, think about the area around the door itself. Think back to the general principles in the previous section and consider how you could use factors like light and contrast to make this space more supportive for someone living with dementia. This might look like:

- Adding a motion activated light above the door to make it easier to find the keyhole after dark.
- Swapping a dark doormat for a lighter, non-slip version.
- Changing your door handle so that it contrasts with the body of the door.
- Adding a canopy over the door to protect someone from the rain if they're looking for their keys.

Now that you've had a chance to really think about your home from the outside, it's time to step inside and look at the door from the other direction. Do this mindfully and pay special attention to any changes in light level as you move from outside to inside. It may be that there's not much difference between inside and outside (if you live in a flat, or if your door has a lot of glass in and around it, for example). But it may be that the inside is far darker than the outside, especially on a sunny day. If this sounds like your home, then think about how you could add extra light into this area to avoid the potential for someone to trip, fall, or become disoriented as the ageing eye takes longer to adapt to different light levels.

Finally, take a moment to check again for places where colour, contrast, or light could be used to make it easier for someone living with dementia to come and go. This may include making similar changes to the outside of the home, such as switching doormats or changing the door handles so that they contrast with the door. But may also include organising the space to provide as many 'clues' as possible to help someone living with dementia organise their thoughts, and themselves, so that they can move between their home and the outside world as independently as possible. This may include having a place to keep keys that makes them easy to see, or keeping coat hooks by the door with the items they would need such as seasonally appropriate clothing, walking aids, or memory aids like lists or bus timetables.

## BEDROOMS



Adapting a bedroom to make it more supportive for someone living with dementia can have a significant impact on their quality of life and how comfortable they feel in their own home. Many people living with dementia experience issues around sleep which may include not only finding it difficult to get enough good quality sleep, but also finding it difficult to sequence their way through all of the small tasks involved in going to bed at night and getting up in the morning.

When looking for ways to adapt a bedroom to better support someone living with dementia or cognitive change, start with the general principles. Look around the room and notice any areas where adding contrast or colour might give the person living with dementia the extra information they need to comfortably use the space. This may include checking whether the doors, walls, and floors are all in contrast with one another, making it easier to make sense of the room. You should also think about limiting or removing patterned flooring, wallpaper, or curtains, which might become disorientating or distressing, especially in low light or if someone is in the process of falling asleep or waking up. We would also recommend replacing or covering



large, mirrored wardrobe doors to avoid confusion if the person has difficulty identifying their own reflection.

Once you've thought about the general principles of dementia friendly design, it's time to think strategically about the activities that happen in the space, and how you could alter the design of the room to support them.

## **Sleeping**

Many of the adaptations that might help someone living with dementia to get better sleep are the same adaptations that might help someone sleep if they weren't living with dementia. This might include adding thicker, draught-proof curtains to reduce draughts and early morning light, as well as taking steps to reduce or absorb unwanted sounds, such as adding short carpets, non-slip rugs, or longer curtains. You may also consider the role of lighting, and whether it would be useful to have a nightlight to make it easier for someone to get their bearings or to go to the toilet during the night.

## **Dressing & Undressing**

A large percentage of people living with dementia will experience some difficulty around dressing, undressing, or changing their clothes. This isn't surprising as getting changed involves sequencing together a lot of small tasks one after the other, while coordinating your body and remembering where the different items you need for each step are kept. Once we realise this, we can start thinking about the different ways we can adapt the bedroom design to make it easier for someone living with dementia to get dressed or undressed independently. These may include:

- Choosing open or clear-fronted drawers and wardrobes to make it easier to see what is in each container from the outside.
- Storing out-of-season clothing separately from day-to-day clothing (such as moving heavy winter jumpers during the summer or replacing shorts with longer trousers during the winter).
- Keeping dressing-aids (like sticks, shoehorns or sock devices) in obvious locations close to the items they're used with.
- Adding labels or pictures to drawers, cupboards, or other containers to show what's inside. We suggest placing signage at around chest height for the person, as many older people tend to keep their gaze lowered as they move around, especially if they are worried about their balance or nervous about falling.

## **Relaxing**

It's important to remember different people will use their bedrooms differently. Think carefully about how the person has liked to use their bedroom in the past and look for opportunities to support them to do this in the future. This may include adding a supportive armchair with a bright reading light for some, or an easy-to-use vanity table for others, so be open to new ideas, and talk about potential solutions to try. After all, no one knows more about the challenges someone living with dementia is facing than the person themselves!

# LIVING ROOMS



Designing a living room that works well for someone living with dementia represents a unique challenge- because there's no one way to design a living room for someone living with dementia! How the room looks, how it feels, sounds, and smells, as well as the kind of activities that happen there will all vary from person to person, and from decade to decade!

As with the bedroom, we recommend starting with the general principles for dementia friendly or supportive design, then moving on to think about the different ways you can adapt the living room itself to match the specific activities that happen there.

## **Hobbies**

Adapting your living room to make it more supportive for someone living with dementia will require a lot of trial and error. You may find that some of the general principles, such as increasing lighting or reducing patterns, make a large difference initially, while others do not. You may even find that you spend a lot of time adapting the room to help someone keep doing an activity they enjoy, only for them to move away from that hobby in the years to come. That's okay -

remember, designing or adapting your home isn't a single event- it's a process, and you'll learn over time what does, and doesn't work for you.

There are, however, things you can do that might help someone living with dementia to keep doing the things they enjoy for longer. This might include:

- Keeping hobby supplies in transparent storage containers, or cupboards with glass doors to help the person find the supplies they want easily.
- Thinking about how you could increase contrast or light for their hobby- this might include adding a darker colour tablecloth to contrast against cards or dominoes or adding additional lights with or without magnification to make activities easier to see.
- Making sure furniture is stable so that it will not shift, wobble, or slide if someone leans on it or tries to use it.

## **Hosting**

A lot of the advice about adapting your home to support someone living with dementia involves finding ways to help them complete tasks alone so they can maintain their independence – but it's also important to think about the ways we can adapt a space to support them to meet, host, and come together with people in the comfort of their own home.



Many people living with dementia would like to keep receiving visitors as they age, especially if they often had visitors prior to their diagnosis. You can support this through design by adding soft furnishings or longer curtains to reduce background noise or distortion, arranging furniture so it's easy for people to sit close to one another while still being able to see each other's faces, and making an effort to turn off radios, TVs, or other devices while people are talking to reduce the audio information a person's brain has to sort through while focusing on the conversation.

## **Relaxing**

It's important to remember that people living with dementia will already have their living room arranged in a way that they enjoyed and that has worked for them. The key to adapting the space isn't to come in and sweep away everything old only to replace it with expensive new speciality furniture – the key is to work together with the person, knowing their preferences, to make changes that improve the way the space works for them now while still looking, and feeling, like home.

Creating a more relaxing space for someone living with dementia might include things like choosing a new, supportive armchair that fits with the existing furniture or decoration. It could mean reducing clutter by moving picture frames from a crowded windowsill to a larger frame on the wall.

Adapting the living room to make it more relaxing for someone living with dementia to use may also involve adding or adapting technology to make it easier to use. This may include things like swapping the landline

phone for one that pairs with their hearing aid or includes speed-dial buttons with pictures of the person they would like to call. For some people it may include a clock that shows the day of the week, or even introducing a digital assistant, like Alexa. But you won't know until you allow yourself to get curious and involve the person living with dementia in the process of designing a living room that works well for them.

# BATHROOMS



Adapting a bathroom to support someone living with dementia is an essential step in helping them maintain their independence, safety, and dignity while using the facilities. It's worth taking your time and thinking carefully about the different changes you could make to your bathroom as it represents not only one of the most private rooms in your home, but one of the spaces with the greatest risk for slips, trips, and falls.

It's common for bathrooms to tend towards one colour palette (such as white, or grey etc) which can reduce the amount of contrast available for a person living with dementia to use the space effectively. This may introduce some challenges if you're thinking about adapting the bathroom with a limited budget, as some of our recommendations (such as installing non-slip flooring in a colour that contrasts with both the wall and key features like the toilet) are more substantial than others. The following list gives you some examples of changes you might make to your bathroom to make it more supportive for someone living with dementia, organised from the easiest, least expensive changes to more major adaptations.

## **Clear & Declutter**

Keeping the bathroom layout as simple as possible will make it easier for someone living with dementia to use that space when they need to.

## **Organise**

Think about where key items are kept, and how easy they are to reach. This may include clearing out old products or moving to open-fronted or clear storage to make things easy to find.

## **Move**

Take a moment to think about how you move around the space. Take it step by step and try to notice any time that you twist, reach, sit down or stand up as you're going through your imagined bathroom routine and try to think creatively about ways to limit or remove unnecessary movements. This may include taking steps like moving the toilet roll to a location where it is easy to reach without twisting or leaning while sitting on the toilet and so on.

## **Swap in Contrasting Items**

Introducing contrast to a pre-built space can be difficult, but it doesn't always have to be. We strongly recommend using a toilet seat in a colour that contrasts with both the toilet bowl and the floor around it, for example, which could mean something as simple as swapping out a white toilet seat for a black or dark wood version. You could also use this principle when looking at other parts of your bathroom by, for example, choosing towels that contrast with the wall,



floor, or countertop, adding a soap dish that contrasts well with the soap and the counter, and so on.

## **Limit Reflections**

Many people living with dementia experience some difficulty with recognising their own reflection, which can make using the bathroom particularly challenging. Take a moment to notice where mirrors or reflective surfaces are in the bathroom and think about how you could cover or move them in the future if it became necessary to do so.

## **Choose Simple Hardware**

People living with dementia often find it easier to use objects that work in familiar or traditional ways. We therefore suggest:

- Choosing flush-lever toilets with the traditional cistern design rather than push-button, in-wall, or otherwise minimalist designs which may make it difficult for people living with dementia to identify and use the toilet independently.
- Installing traditional style taps, with clear temperature labels or colouring, as this may make it easier for the person to continue to wash their hands independently.
- Taking notice of the lock to the bathroom and taking steps to ensure it is easy to recognise, easy to use, and well contrasted with the door behind it. It should be possible to open the lock from the

outside in case of emergencies: many modern locks allow this.

## **Adapting for Mobility**

Most of us will experience some change in our mobility or our physical function as we get older. Thinking about these changes early can make them easier and less stressful to install, as well as reducing the risk of falls or a delayed release from hospital. Consider:

- Installing grab-bars or handrails next to the toilet, shower, or bath.
- Adding a fold-down shower seat or purchasing a free-standing shower seat or stool that fits in your space.
- Choosing a shower tray with level access or as small a step as possible to make it easy for someone to step in and out unaided.
- Chose non-slip flooring and consider adding non-slip strips or mats to showers and bathtubs to reduce the risk for slips and falls.
- Moving from a traditional bathroom design to a modern wet room to make it easier to use the space with mobility aids, or with the help of others.

Adapting a bathroom to better support someone living with dementia can feel overwhelming, but it doesn't have to be. Thinking about these changes early can

give you the time and space necessary to figure out the best way to adapt your bathroom so that it can be as supportive as you need, while still looking and feeling like the bathroom you want.

# KITCHENS



Creating a kitchen that enables and supports a person living with dementia to use the space safely and independently can be a daunting task – especially if that person has a particularly strong preference for how they would like to use that space!

The sections below will give you some tips for getting started, but we strongly recommend working through this process with the person living with dementia to help you identify places where they might benefit from a little extra planning and support, especially if they have a particular passion that takes them into the kitchen often for cooking or baking!

## **Declutter & Organise**

Many of us end up with more clutter in our kitchen than we intend to. Taking the time to go through and clear out unwanted, or unused items can be one of the most important steps in making the space usable for someone living with dementia, as it makes it easier to find the items they need, when they need them.

We would recommend keeping often-used items like kettles, teabags and toasters on the countertop where

possible, as this makes it easier for someone to find the items they need without relying on their memory.

## **Storage**

Once you have arranged the countertops, it's time to think about the other storage spaces in the kitchen. Try to organise your cupboards and drawers in a logical and consistent way, and consider adding labels where necessary to make it easier for the person living with dementia to find what they're looking for. This may include choosing clear or labelled containers for items like teabags or adding easy to read labels or pictures to drawers or cupboards, depending on how the person's needs change over time.

We would also suggest:

- Choosing cupboard and drawer handles that are easy to grip in a colour that clearly contrasts with the surface behind them.
- Storing heavy or less frequently used items at a low level to reduce the risk of falls or injuries as well as installing deep drawers to make the items stored in lower cupboards more easily accessible.
- Considering pull-down or pull-out shelves to make higher items easier to reach without stretching.

## **Use Contrast and Lighting**

As in other areas of the home, it's possible to use changes in light, colour and contrast to make the

kitchen more supportive for someone living with dementia. For example:

- Ensure your kitchen is well-lit, with added areas of bright light for task-specific areas such as the sink, stove, and work surfaces.
- Use light switches that are easy to operate and clearly marked.
- Use contrasting colours to make important objects more easily visible and distinguishable. For example, use a dark cutting board on a light counter or vice versa.
- Add contrasting coloured tape or markers to the edges of important objects such as stove knobs, fridge handles, and cupboard doors to make them easier to see.
- Choose countertops that are plain, or without contrasting patterns to avoid the appearance of the surface shifting or moving.
- Choose plates and crockery that provide contrast with the food being served. This might involve moving away from white plates (which provide poor contrast with foods like mashed potatoes, chicken etc.) in favour of boldly coloured plates such as yellow, or blue.

## **Choose Simple Appliances**

While many modern appliances offer new functions or options to appeal to customers, people living with dementia will often find it easier to use appliances that are familiar to them. You can use this to your advantage by:

- Choosing appliances that are simple to operate, with displays and controls that are large, clear, and easy-to-read.
- Installing appliances such as ovens, or dishwashers, at waist or counter-top height to reduce the need for bending or reaching.
- Choosing appliances that help mitigate any physical challenges the person might experience, such as kettles that do not need to be lifted to pour.
- Consider installing automatic shut-off devices for appliances such as the stove or kettle to prevent accidents.

It's important to remember that while adapting a kitchen to better support someone living with dementia can seem like an intensive, expensive process, it doesn't have to be. Making small changes over time and incorporating age friendly and supportive design when planning for big changes can help to create a kitchen space that works well for everyone, whether they're living with dementia or not.



# STAIRS



While many people find stairs increasingly challenging as they get older, stairs can be a particularly difficult space for people living with dementia, especially as their condition progresses. However, simple adaptations can make stairs safer and easier to use.

## **Contrast**

Adding contrast to the area on and around the stairs is an easy and effective way to support someone living with dementia to live safely and independently at home. For example, you can use contrast and colour to give the person's brain extra clues to help them 'make sense' of the stairs by:

- Adding contrasting edging, nosing, or tape to the edge of each step, to make it easier to see where one step ends and the next one begins.

- Choosing a contrasting colour for the handrail or banister to make it easier to see.
- Painting the skirting board in a colour that contrasts with both the wall and the step.

## **Lighting**

Ensure stairs are well-lit, with easy-to-use switches or motion activated lighting to avoid any temptation to attempt the stairs in dim or low light.

## **Flooring**

Flooring on the stairs should always be plain (rather than patterned), non-slip, and securely fixed. This may involve changing patterned carpet for plain, or thinking carefully about the wood finish on the stairs to avoid dark knots or wooden patterns appearing to shift or dip as the person moves past them.

## **Signage**

Some people living with dementia may find signs at the top or the bottom of the stairs particularly useful. These signs will look different for everyone but might include things like a reminder to use the handrails, or a stairlift, when using the stairs. Signs can also be used to indicate the

location of important rooms such as bedrooms and bathrooms.

Making changes to the area around the stairs and the stairs themselves can feel daunting, especially if you have concerns about slipping or falling. We hope that the advice in this section helps you to think about the different ways that adaptations could help anyone to feel more confident when using the stairs, whether they're living with dementia or not. The changes mentioned here are only the beginning of what is possible and should work alongside any advice you might receive from occupational therapists or other healthcare professionals to help you, or your loved one, keep moving around your home comfortably and safely as you age.

## GARDENS & OUTDOOR SPACES



Creating a dementia-friendly home is more than just focusing on the indoor areas of the house. Sure, it's important to make the bedroom and bathroom more accessible, but we shouldn't forget about other areas that people enjoy, like the garden!

Making your garden more accessible can be a great way to support someone living with dementia. However, it's essential to remember that everyone's idea of a dementia-friendly garden may be different. For example, a garden that's perfect for someone who loves watching birds might not be ideal for someone who prefers growing vegetables or keeping chickens! So, here are some general tips for making a garden dementia-friendly:

## **Keep it simple**

Simplify the layout of your garden to make it easier for someone living with dementia to navigate. Make sure that the door to the house is easily visible from different areas in the garden, not hidden by vegetation, and choose a door handle with a contrasting colour to make it easier to use.

## **Check for hazards**

Remove tripping hazards such as loose stones or uneven paving. Make sure that any steps or paths are visible and well-lit, and consider installing handrails or ramps where necessary, just like inside your home.

## **Think about light**

Adding lighting to the garden can make a big difference in how safe and comfortable people living with dementia feel when using the garden. Consider adding solar-powered lights around pathways, seating areas, and steps to ensure that the garden is well-lit on cloudy days or during the twilight hours.

## **Create areas to enjoy the garden**

Add seating areas to provide a comfortable place to sit and enjoy the surroundings. Choose furniture that is stable and sturdy enough to

support people if they lean on it, or use to support themselves when sitting down or standing up. Consider choosing furniture with armrests and a high back to provide additional support. Consider adding raised planters for flowers or for growing vegetables so that it reduces the need for someone to bend and is easily accessible.

### **Use your senses**

Get creative with different plants and layouts to create an outdoor space that people living with dementia can enjoy. Adding sun catchers or bird baths or experimenting with different flowers can add a range of colours, textures, and scents to make the garden more comfortable and enjoyable.

### **Encourage wildlife**

Many people living with dementia enjoy watching birds, bees, and butterflies moving around their gardens throughout the year. Consider what kind of wildlife you (or the person living with dementia) would like to attract into the garden, and explore different ways to make it happen.

## A FINAL WORD



Making changes to your home to create a space that works for you as you get older is an important consideration for anyone, whether you are living with dementia or not.

We hope that this booklet has been a useful resource and guide for taking your first steps into thinking about age and dementia friendly design and given you some examples to show how making even a few small changes can help to create a home that is comfortable, safe, and enjoyable to live in for many years to come.

In fact, while some of the changes we've outlined throughout this booklet are specifically designed to support someone living with dementia, many of them will simply make your home more supportive and accessible as you get older. So, take some time to evaluate your home and identify areas where you can make changes. Even small adjustments can make a big difference. And remember, it's never too early or



too late to start creating a supportive and dementia-friendly home.

If you would like to learn more about supportive, age friendly, or dementia friendly design you can visit the Designing Homes for Healthy Cognitive Ageing website at [www.stir.ac.uk/deshca](http://www.stir.ac.uk/deshca) or the Dementia Services Development Centre, who developed the guidance we used to inform this booklet, at [www.dementia.stir.ac.uk](http://www.dementia.stir.ac.uk)

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