

Not a stand-alone document; to be used in conjunction with workshop:

# Finding Balance Between Safety and Stimulation



## Is Your Home Dementia Friendly?

Presented by **Mike Good**



### Four aspects of the Alzheimer's Home Environment

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1. Safety
2. Functionality
3. Stimulating environment
4. Reducing behavioral triggers





## Unique Needs

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- Homes don't meet our changing needs
- Challenges such as Alzheimer's or other dementia push it even further
  - Affects memory, judgment, mobility, spatial perception, behaviors



## Our Goal

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Is to keep them in their home longer

By providing a safe and stimulating environment that helps maintain their purpose, independence, and individualism





## Balance of Safety & Stimulation

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- Safety
  - Promotes independence & individualism
  - Provides caregiver peace of mind
  
- Stimulation
  - Creates purpose
  - Provides enjoyment



## Balancing Safety & Stimulation?

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Modifications to the home  
(Indoors and Outdoors)

Modifications to the approach





## Home Modifications

### Early to Mid Stage

- Introduce changes early
  - Simplify the home & reduce clutter
  - Improve accessibility to items
  - Shower seat / Hand-held shower wand



## Prevention - Take control

### Mid to Late Stage

- Remove Trip Hazards
- Anti-scald valves
- Electrical cords
- Sensors or Christmas bells on entry doors





## Adapt

### Mid to Late Stage

#### Reduce behavioral issues:

- Good lighting
- Contrasting paint colors
- Disguise entry ways
- Reduce patterns



## Remove Dangers

### Mid to Late Stage

#### Maximize independence

- Medications
- Chemicals
- Fire
- Weapons
- Power Tools





## Modifications to the Approach

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### Individualism / Identity / Dignity

- Instincts & habits
  - Dad has always maintained the home
  - Mom has always cooked



## Purpose & Accomplishment

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- Essential to who we are
  - Brings joy
- Avoid all-or-nothing approach
  - Leads to behavioral issues
  - Erodes their individualism





## Identify the Danger

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- When it occurs
- Why it occurs
- What's the repercussion



## Adapt the Activity

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- Minimize or remove the danger
- Create Accomplishment
  - "Silently" assist
  - Simplify activities to meet their ability





## Professionals

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- Certified Interior Designers
- Occupational Therapists
- Social Workers

For more information:

<http://togetherinthis.com/how-to-prepare-home-older-adult/>

