



Schenectady Arc

Moving Tips for Individuals with Dementia



Bedroom:

- Make the new bedroom as similar to the old bedroom as possible. Examples include: placement of furniture, color of room, type of décor & bedding
- Bedding: Solid colors are best. Busy or bold patterns will add to confusion. Ensure the bedding isn't the same color as the floor/walls to make the bed stand out for the consumer.
- Have the consumer's family make a soothing recording of their own voice that can be played for the consumer at their new residence to help ease the transition.
- Use familiar scents to assist the transition (i.e.: have family member sleep with a stuffed animal for a while and bring that animal during the move).
- Pictures on wall: place 32" above the floor to ensure the person can see them.
- Lighting: Use overhead lighting if possible. Table lamps create shadow areas that can be frightening to individuals with dementia.
- Remove throw rugs

General tips:

- Visits:
 - May need more trial visits than other consumers.
 - Suggest having familiar staff/family member complete initial visits with the individual.
 - Choose a staff from the new house to be a "preferred staff". Have that person visit the consumer at their present home a few times and then have that staff be present for the consumer's visits to the residence.
- Assessments: Have all necessary assessments (dining, OT, etc.) completed during trial visits so all needs can be addressed and adaptive equipment in place prior to the move.
- Label frequently used/needed items. Use picture cues on things like dresser or kitchen drawers (showing what is in each drawer), on important rooms (i.e.: bathroom), etc. Using actual pictures of their items is more meaningful for them.
- Avoid glare whenever possible. Look at furniture, floors, walls, etc. Use fabric, flat paint, non-shiny surfaces to minimize glare whenever possible.
- Contrast: Aim to have fixtures be a contrasting color to surrounding areas (i.e.: white toilet in front of colored wall); use a different color molding to separate the wall from the floor; Avoid having floors, walls, furniture, etc. all be similar colors.
- Patterns: Avoid busy patterns on bedding, furniture, carpets/flooring, etc.