



## ADAPT A HOME : KITCHEN

**1) Principle #7:** Use fixtures such as cross-head taps which are more familiar to the person with dementia, rather than mixer taps.

**Principle #1:** Water flow monitors, flood detectors and pressure activated plugs can help reduce the incidences of flooding and water-related slips and falls.

**2) Principle #1:** To ensure safety in the kitchen ensure that tiles are non-slip or use a non-slip treatment on ordinary tiles to make them slip resistant.

**3) Principle #3:** Use labels with words/ images to help make finding things easier for the person with dementia (see our info page on "Orientation and Way-finding").

**4) Principle #1:** If a conventional cook-top is proving to be a hazard, consider replacing it with a safer, induction cook-top. This enables the person with dementia

to continue to be an active participant in the household.

**Principle #1:** Other safety devices include a safety cut off switch on the main power board, stove isolation switches, safety electrical cords, gas detectors and gas cut-off switches.

**5) Principle #1:** Devices can be installed to adapt a conventional cook-top and make it safer. For example, a stove guard is a motion detector that automatically turns off the stove if the person moves away from it.

**6) Principle #5:** Bring daylight into the space to ensure bright, even lighting (a minimum general light level of 600 lux). (See our info pages on "Lighting" for tips on accurately measuring lux levels).

**7) Principle #7; Principle #10:** Provide opportunities for familiar and meaningful

engagement such as drying and storing the dishes away after a meal.

**Principle #3:** Be mindful of not creating a fire hazard.

**8) Principle #7:** If a kitchen appliance such as a kettle needs to be replaced, ensure that it is substituted with a similar kettle that looks and works in a way that is familiar to the person with dementia

**9) Principle #3:** Frequently used items should be placed on the kitchen bench top or open shelf.

**Principle #10:** Provide an opportunity for domestic activities like making a cup of tea.

**10) Principle #3:** A whiteboard can be used to note what is in the fridge or pantry and can also be used for shopping lists, reminders and important messages.

