

**REDUCING RISK OF FALLS FOR PEOPLE WITH DEMENTIA**

**Having dementia commonly means the information that is sent from the eyes to the brain becomes misinterpreted and for the perosn with dementia this results in them having challenges in correctly perceiving things like depth, distance, speed/movement and differences in colour.**

**Furniture**

* Remove light or unstable pieces of furniture
* Arrange furniture in a manner that allows enough space between each piece for the person to walk through unhindered, but close enough for the person to steady themselves on should they become unsteady
* Once furniture is adequately arranged and the person is used to the layout, do not routinely rearrange/move the furniture

**Provide Visual Contrast**

* Install darker handrails on light coloured walls and paint baseboards a darker colour
* Apply bright, non-slip tape on the edge of each step or on the top and bottom stair
* Place a contrasting coloured towel or contrasting coloured tape on the edge of the tub
* Use obvious contrast in colour to define objects from the background.
* Use solid colours with no pattern to decrease confusion.
* Avoid black surfaces, which may be misinterpreted as being a black hole

**People with dementia are four to five times more likely to fall than older people who do not have dementia. This is due, in part, to the physical changes that dementia causes in the eyes, as well as in the brain**



Reducing

Dementia-Related

Falls

in the Home

***Information sourced from:***







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| **Enhance Accessibility**  **Keep important items in consistent, visible, easy-to-reach places**  **Use a firm mattress**  **Lower bed height**  **Use adaptive equipment**  **Keep glasses and keys in a consistent place**  **Place frequently used kitchen items within easy reach**  **Keep mobility aids close by**  **Tie up or secure extension cords** |  |  |  | **Ensure Safe Footwear**  **Check fit regularly and replace any loose-fitting or worn footwear**  **Avoid extra-thick soles but look for soles with good grip and tread**  **Use socks or slippers that have non-slip soles**  **Ensure outdoor footwear is appropriate for the weather** |
| **Outdoors**  **Keep pathways and the driveway level, in good repair & free of clutter**  **Paint step edges a contrasting colour to the step iteself**  **Keep chairs, benches, tables etc in consistent places** |  |

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| **Floors and Pathways**  **Remove anything in the pathway that could cause the person to trip**  **Remove scatter mats**  **Replace uneven, damaged flooring**  **Clean up spills immediately**  **Replace rippled carpets**  **Ensure doorsills are no more than one inch high** |  | **Lighting**  **Increase lighting to double what is usual**  **Reduce glare from windows**  **Limit shadows and darker areas of the room**  **Use high wattage lights in all rooms**  **Keep entrances and outside walkways well lit**  **Install motion sensor lights for all outdoor areas and paths** |  | **Bathroom**  **Use a non-slip, contrasting colour bathmat in the bath and shower**  **Install handrails alongside the bath, toilet and in shower**  **Install a raised or contrasting colour toilet seat**  **Ensure towels are within easy reach of the bath and shower**  **Lower water heater temperature to 48°** |