



TOOLKIT 16 · LONG-TERM CARE · TOOL 3 OF 6

Dementia-Friendly Environment — Checklist

Lighting, contrast, signs, sound, familiar things, safe walking: the physical changes that reduce distress and falls for people living with dementia

Check	Yes	No
Finding the way		
Toilets visible from bed and lounge, door a contrasting colour, pictogram and word sign at 1.2 m	☐	☐
Bedroom doors personalised (photo, name, familiar object) so the resident recognises their own	☐	☐
Corridors with a clear destination at the end (a chair, a window, an activity) — not a dead end	☐	☐
Clocks and calendars large, correct, in every lounge	☐	☐
Exits to non-resident areas unobtrusive; garden or safe outdoor space accessible	☐	☐
Seeing and hearing		
Even lighting, no dark corners or glare; night lighting to the toilet	☐	☐
Contrast: toilet seat vs pan, plate vs table, handrail vs wall, floor plain (no patterns that look like holes or steps)	☐	☐
Noise controlled: no continuous TV or radio in shared spaces; alarms quiet; soft furnishings	☐	☐
Mirrors can be covered where they cause distress	☐	☐
Living		
Residents' own furniture, photos and possessions in the room	☐	☐
Small dining groups; familiar food visible; finger food available; time allowed	☐	☐
Activity materials within reach — rummage boxes, music, garden tools, familiar tasks	☐	☐
Quiet room available; space to walk safely without being stopped	☐	☐
Staff practice		
Staff approach from the front, at eye level, name first, one instruction at a time	☐	☐
Personal history ("This is me") recorded and used	☐	☐
Distress responded to by finding the cause, not by restraint (Tool 2)	☐	☐
All staff trained in dementia awareness annually	☐	☐

Adapted from NHS / King's Fund Enhancing the Healing Environment dementia design guidance (OGL).

ASF standards: LTC Standard 3 — environment; Standard 4 — dementia care (means of verification: checklist, improvement plan)