

2019

Aspects to consider when looking for dementia signage



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Memory Care

## **Aspects to consider when looking for dementia signage**

Dementia-friendly signage helps alleviate stress and anxiety by making it easier for people living with dementia to find their way around unfamiliar places. It also helps to support independence, confidence and wellbeing.

### **Colours and contrast**

It is important to have words and objects that are a different colour from the background as this will affect the readability of the sign. The sign also needs to be a contrasting colour to the environment so that it does not blend into the background.

### **Text**

Simple wording should be used in upper and lower case format. All upper case lettering should never be used.

### **Pictures**

A clear, easily recognisable picture reinforces the location or the purpose of the room for example a picture of a toilet on toilet signs or a plate of food for the dining room.

### **Positioning**

It is recommended signs are lower than normal and should be positioned in the direct line of sight, centred, 1.2m from floor level as many older people tend to look downwards.

### **Durability**

It is essential the signage is durable enough to withstand the rigours of demanding environments.

### **Finish**

Signs should be made with a matt finish, as reflections can distort the information.

### **Fire safe**

All signs should be tested to Class 1 or Class 0 or their equivalent. The use of laminated paper on walls is a fire risk and will allow any fire to spread more quickly.

### **Material**

If the signs are specifically for a hospital environment, a hygienic sign made from materials which have inherent anti-bacterial and anti-fungal growth properties and are tolerant to most non-abrasive cleaners should be used.