

Lighting for people with dementia

Why is lighting important for people with dementia?

Light is very important in the lives of people with dementia. Sometimes you need more & sometimes you need less.

Increasing the light level radically helps communication. Seeing the other person's face helps communication in deafness & dementia.

Bright light will also help people with dementia: find their way more easily; move about safely; maintain hobbies & interests like reading or sewing; see to eat as well as possible.

Make use of natural light

Keep windows clean

Cut down trees & shrubs that are blocking the light



Light colours can brighten a room & reduce need for lights

Energy efficient light bulbs last longer but get dimmer over time

Open blinds

Pull curtains right back

Regularly check all light bulbs are working

Everyone is unique and will experience dementia differently. That's why it is vital to provide care and support to people that is person centred and suitable for their individual needs.

For more information & support

DSDC provides a range of publications and support materials, including the publication '10 Helpful Hints for Heating & Lighting'. For more information visit www.dementia.stir.ac.uk