

Heating for people with dementia

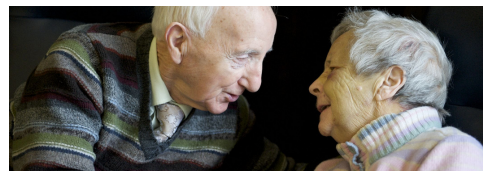
Why is temperature control important for people with dementia?

In the UK we worry more often about being too cold, rather than too hot, but both are serious for people with dementia. Heat can lead to dehydration, confusion, lethargy, constipation & urine infections that make people with dementia very unwell. Older bodies don't adjust well to heat & cold; & dementia means the person may not notice, or be unable to tell you that they are too hot or too cold or to do anything about it.

Use thermometers

Try to keep the living room at a comfortable 23c

Know the person & their preferences. Do they sit for long periods of time or move about?



Check draughts & insulation

Leave clothes for cold weather where the person can see them

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