

Dementia-Inclusive Resource Centre

Kitchen

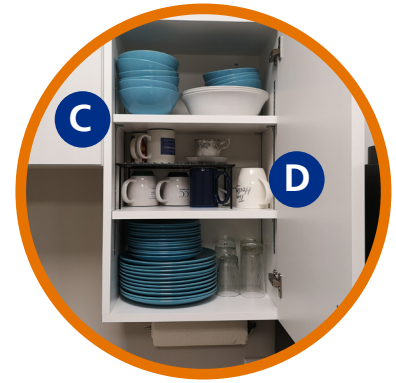
The kitchen is commonly known as the heartbeat of a space, whether it be a work space or in a home. We wanted our space to reflect some of the relatively easy changes and modifications that can be made anywhere to be more dementia-inclusive.



Making the location and purpose of commonly used items clear through labels, and reducing clutter can be very helpful. Consider labeling cupboards, drawers and appliances, etc. for ease of use.

Consider making or purchasing a clean/dirty sign for the dishwasher to assist with ease of use.

With newer model appliances like refrigerators that have the freezer compartment located on the bottom, consider signs or labels to assist with cueing.



A. In spaces where you do not have a separate hot and cold tap that is clearly marked, ensure the taps are labeled.

B. Keep cleaning supplies and dish soap out of sight when cooking so they are not confused with cooking ingredients.

C. Consider purchasing brightly coloured dinnerware to help contrast with both the table and food, or if more appropriate, a brightly coloured contrasting placemat.

D. Use organizing units to help avoid cluttered cupboards.

Tips for the home

→ A timer that switches off the stove/oven after a set period of time may be helpful. Induction stovetops are also a good option as the surface remains cool.



→ Using notes or a timer for cueing and reminders can be helpful.



→ Consider removing rugs or mats as they could be tripping hazards.



→ Store food in clear containers to eliminate the question of what is in each container.



→ If buttons on appliances are not clearly labelled, label them.



→ If gauging temperature is an issue, changing the heat temperature on your hot water tank can reduce the chance of using water that is too hot.



CONTACT INFO

Alzheimer Society of New Brunswick

320 Maple Street, Suite 100, Fredericton, NB E3A 3R4

Tel: 506-459-4280 | 1-800-664-8411 | Fax: 506-452-0313

Email: info@alzheimernb.ca Website: www.alzheimer.ca/nb

Charitable registration number: 893280263 RR0001

Facebook,
Instagram
& Twitter:

@AlzheimerNB