

# WHERE AM I?

## Making Our Building More Dementia Friendly

### Phase I

Way-finding signs have been posted throughout the building at all hallway intersections. Signs are made with bold black print on a yellow background, as research shows this color combination last the longest in human eyes, with simple arrows pointing toward the major destinations. Locations include: Front Office, Nurse's Station, Therapy Gyms, Kitchen, Dining Room, Social Services, And Resident Rooms.

### Phase II

Phase II consists of simple labels in resident rooms and restrooms to make clear each person's belongings, closets, doors, and furnishings. Signs also include simple instructions for use of automatic soap dispensers, paper towel dispensers, light switches, and telephones.

### Phase III

Phase III expands upon Phase I with additional way-finding signs, as well as use of colored trails to lead individuals throughout the building. Each hallway section will be designated a color, then a stripe of that color painted along the wall. By Following that color stripe through the building, one may be able



When you first enter a skilled nursing facility, it's likely to look the same as almost any other: neutral flooring and paint colors, limited signage, and identical rooms throughout. This poses significant issues, not just for visitors trying to find their way to family members, but for residents with any type of cognitive disorder looking for their room. It is important to remember that individuals with dementia may experience impaired reasoning and struggle with daily items that we often consider "easy to use" or familiar. Thus, adaptations must be made in order to promote ease of navigation and use throughout the building's hallways and resident rooms. Our development plan consists of three phases of signage improvement. The first phase (above) has been implemented with positive results. Residents, staff, and family members have all reported increased ease of navigating through the building.

