

Topic Overview

People who have [Alzheimer's disease](#) or another [dementia](#) are sometimes easily confused and may forget where they are, what day it is and other common facts. The following tips will help avoid confusion.

- Use familiar objects, such as a favourite chair or photographs, to help the person recognize where they are.
- Label often-used rooms, such as the bathroom, and objects.
- Provide visual cues to time and place, such as calendars, clocks and bulletin boards.
- Keep regular routines for daily activities such as meals, baths, and hobbies.
- Focus on consistency. Keep furniture, lamps, pictures, and other objects in the same place. This may be less confusing for the person.
- Use colour and contrasts. Soothing colours can create a calming effect.
- Keep floor surfaces uncomplicated. Avoid checkerboard and other patterns when possible.
- Avoid using mirrors for decorating. The person may become anxious if they do not recognize their own reflection.

Current as of: September 11, 2018

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