



Activity

Try walking around your own home wearing your thickest pair of sunglasses, maybe in the evening with the curtains drawn shut. Do this with a friend who can take care of you if you are about to do something dangerous. This is a pretty difficult thing to do.

Now try it again at their house, where you don't have a clue where anything is.

How dangerous does that feel?

Whenever a person with dementia wakes up, it can be as if they have been taken to a new house that they have never visited.

Do what you can to make their place as safe as possible.