

This printout page is also interactive:

If you are connected to the internet, clicking on a strategy will take you to the website where you can find more PCA tips and strategies.



**Remove slip or trip hazards like rugs**



**Good lighting especially in key areas e.g. stairs, bathroom**



**Minimise lighting that might create glare or stark shadows**



**Reducing shiny or transparent surfaces in the home**



**Colour contrast mat under often used objects**



**Keeping key items for an activity together in box/bag**



**Consistency of environment**



**Clear labels on cupboard doors indicating what's inside**



**Handheld hoover**



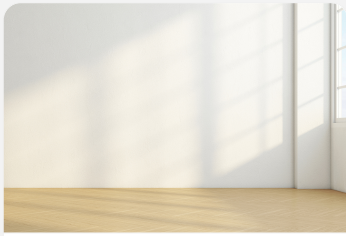
**Ensure lights are on before it gets dark**



**Avoiding excessive or low lighting**



**Keeping thoroughfares clear at home**



**Plain (non-patterned) flooring**



**Decluttering/  
simplifying  
surroundings**



**Designated area for  
person with  
PCA's things**



**Touch sensitive  
lamp**



**Strategic lighting**



**Putting furniture to  
edges of rooms**



**Lighting solutions  
that are easily  
moveable e.g.  
cordless lamps**



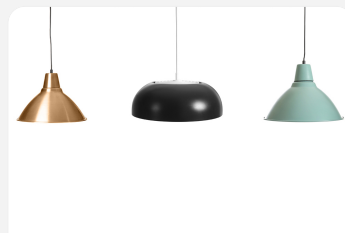
**Putting throws of  
distinct color on  
chairs to aid sitting**



**Moving bedroom/  
bathroom to  
ground floor**



**LED lamp for desk  
which gives even  
spread of light**



**Contrasting  
lightshades to  
indicate different  
areas of the home**