Dementia Solutions

# QUICK TIPS

## Dealing with Seasonal Time Changes

For someone with dementia, when clocks change with the season, it can create confusion and result in changes in behaviour.

For those living in the provinces of B.C, Alberta and Manitoba, for the first time, will not turn clocks back in Fall 2026. This will cause mornings to be darker longer.

**Tips Caregivers Can Try:**

1. **Keep Daily Routines Consistent**

Make schedule changes gradually (10–15 minutes over several days) rather than abruptly, including mealtimes.

Note: Family members in different time zones may require adjustments to phone call schedules. Maintain familiar routines as much as possible.

2. **Prepare for Darkness Shifts**

When clocks fall back, evenings get darker earlier. Close curtains before dusk to reduce reflections and confusing shadows, and turn on indoor lights before sunset.

In the morning, turn on indoor lights and open curtains as soon as daylight appears.

Morning light helps regulate the circadian rhythm (internal body clock), which controls the sleep-wake cycle.

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3. **Use Clock and Visual Reminders**

Try a day-and-night clock that uses words and visual symbols, such as a sun for daytime and a moon for nighttime.

Don't forget to update all clocks, watches, medication reminders and other time-dependent devices when the clocks change.

4. **Keep the Perso Active During the Day**

Daytime activity can help promote a healthy sleep-wake pattern. Encourage daily exercise, social connection, and meaningful activities. Avoid long or late-afternoon naps that may interfere with nighttime sleep.

5. **Consider Circadian or Smart Lighting**

Circadian or tunable-white LED bulbs allow you to adjust light colour and intensity throughout the day in the home. A brighter, cooler white light can be used during daytime hours, transitioning to a softer, warmer light in the evening.

Smart bulbs or programmable lighting systems to set automatic schedules so lights gradually brighten in the morning and dim in the evening without requiring someone to remember to adjust them.

**Small adjustments can make a big difference!**
**Please reach out for personalized tips & support.**

**Contact us at Info@DementiaSolutions.ca**