# Seating & Rest Areas Tip Sheet

People living with dementia may tire easily and need safe, stable seating options. Rest areas support calmer library visits.

## Sturdy Chairs

Provide sturdy chairs with armrests in reading areas, near entrances, and along pathways to support balance and stability.

## Family Restrooms

Offer family restrooms with grab bars for care partners assisting patrons.

## Quiet Zones

Include quiet zones for those who need a calm environment and to prevent overstimulation.

**Dementia-Friendly Note:**

Inspect seating areas regularly for clutter, blocked paths, or shifted furniture.