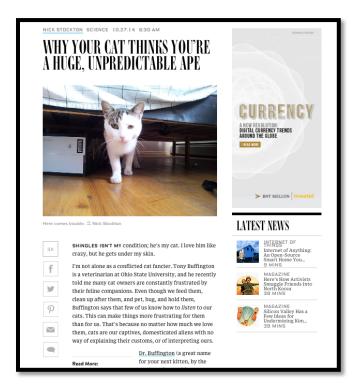


## Tip Sheet to Create Highly Readable Text for People Living with Dementia

Listed below are what we call the "default text modifications." More text modifications may be necessary, but these are the minimal changes needed to increase the accessibility of text for people living with dementia.

- No distractions
- Extra space on the top and bottom
- Extra wide margins on the sides
- Title top and center
- Large font size. Arial typeface. Maybe bold font
- No italics, no underlining, no colored font
- Black ink on very white paper

## **Original Article:**



## **Modified Article:**

## CATS

Shingles isn't my condition; he's my cat. I love him like crazy, but he gets under my skin.

I'm not alone as a conflicted cat fancier. Tony Buffington is a veterinarian at Ohio State University, and he recently told me many cat owners are constantly frustrated by their feline companions. Even though we feed them, clean up after them, and pet, hug, and hold them, Buffington says that few of us know how to listen to our cats. This can make things more frustrating for them than for us. That's because no matter how much we love them, cats are our captives, domesticated aliens with no way of explaining their customs, or of interpreting ours.

Dr. Buffington (a great name for your next kitten, by the way) sat down with me to explain how to listen to cats. These aren't just tricks to score more cuddle time, but ways to create a more harmonious home that could improve your cat's health. For years, he's been studying the root causes of interstitial cystitis, a painful and chronic inflammation of feline bladder tissue. His research indicates a stressful home environment may cause the condition, and perhaps other chronic cat diseases as well. He believes the best cure is learning to listen to your cat, giving him choices, and reducing the environmental factors that trigger his stress response.