

## Home Safety Considerations

This checklist is designed to help create a safer environment for those living with cognitive impairment due to Alzheimer's disease and other types of dementia. Although this checklist does not guarantee the prevention of all potential accidents and removal of all hazards, it should be a starting place for caregivers and family members. The suggested items may be helpful in allowing for maximum independence and safety of the individual with dementia. Seek professional guidance for any safety concerns.

### Throughout the Home

- Dangerous substances, batteries, and cleaning products removed?
- Walkways and stairs free of debris, clutter, and cords?
- Walkways, bedroom, bathroom, and stairs are well-lit at night?
- Confounding door locks and/or alarms on doors to prevent wandering?
- Cabinet latches / door knob covers to prevent rummaging?
- Firearms, knives, and other weapons stored in locked cabinet?
- Stairs and inclines have hand rails on both sides?
- Smoke and carbon monoxide detectors in working order?
- Extra house and car keys on hand? Car disabled / confounding keys?
- Curtain cords secured?

#### **Suggested items**

- Locks to secure dangerous substances, batteries, and cleaning products
- Cord covers, zips ties
- Nightlights for walkways, bedroom, bathroom, and stairs
- Reflective tape or paint for stairs
- Cabinet latches / door knob covers
- Safe for firearms, knives, and other weapons
- Hand rails (both sides) for stairs and ramps
- Smoke and carbon monoxide detectors
- Copies of extra house and car keys
- Rug tape
- Confounding door cover, alarms on doors, confounding door locks
- Electrical outlet covers
- Medic Alert San Diego bracelet/necklace
- Take Me Home registration
- GPS or location-based products and services

## **Kitchen**

- Fire extinguisher nearby?
- Lock on oven or stove top?
- Non-edible items removed from sight?
- Vitamins and prescription drugs in a locked area?
- Auto-shutoff features on appliances and/or hidden valves?
- Refrigerator cleaned out of expired food and trash can secured?

### **Suggested Items**

- Fire extinguisher
- Oven lock
- Pill box or automatic pill dispenser
- Lock for trash can

## **Bathroom**

- Grab bars near shower, bathtub, and toilet?
- Non-skid bath mat or non-slip surface in bathtub or shower?
- Extra key for unlocking bathroom door or remove door locks?
- Water temperature set at 120 degrees or less?
- Shower chair or transfer bench in place?

### **Suggested Items**

- Grab bars for shower, bathtub, toilet
- Non-slip bath mat or non-slip surface stickers
- Extra key for unlocking bathroom door
- Water temperature monitor or lock
- Shower chair or transfer bench

## **Bedroom**

- Transfer devices or commodes in close proximity?
- Electric blankets, portable heaters, heating pads removed?
- Throw rugs secured to floor with sticky backing?
- Phone near the bedside for emergencies?

### **Suggested Items**

- Transfer devices
- Phone for emergencies
- Mobile commode
- Alarm mat for night time wandering

## **Home repair stores:**

The Home Depot, Lowes Home Improvement, ACE Hardware, Orchard Supply Hardware