

Home Safety Checklist For Dementia Caregivers

Throughout the Home

	Install secure, safety-proof locks on exterior doors
	Remove throw rugs and secure carpet edges
	Arrange furniture to allow for safe walkways and clear pathways
	Ensure adequate and even lighting in all accessible areas
	Apply colored stickers to large windows and sliding glass doors
	Remove poisonous plants
	Keep surface spaces free of clutter
	Install railings on both sides of stairs, running the entire length
	Ensure stairway lighting is adequate.
	Apply slip-resistant strips to stair edges in contrasting colors
	Remove or securely lock up firearms
	Lock up alcohol
	Cover unused electrical outlets
	Keep cords away from walking paths
	Restrict access to unsafe areas like garage and basement
	Secure or remove valuable or irreplaceable items
	Install smoke detectors and carbon monoxide alarms; check regularly
	Keep fire extinguishers accessible and inspect regularly
	Install safety switches on electrical systems

Bathroom

	Install grab bars for shower, tub, and toilet
	Set water temperature to 120°F or below to prevent scalding
	Apply textured stickers to slippery surfaces
	Remove locks from bathroom doors
	Use night lights to illuminate path to bathroom
	Ensure non-slip mats or strips are placed in the shower and bathtub.
	Install a shower chair or bench.

Kitchen

	Lock up dangerous/poisonous materials and supplies
	Disable or hide garbage disposal switch
	Lock up knives and dangerous utensils
	Store small electrical appliances out of sight
	Use appliances with automatic shut-offs
	Disconnect or disable larger appliances if necessary
	Mark food with purchase dates and regularly discard expired items
	Remove vitamins, medications, and potentially harmful seasonings from counters
	Install safety latches on cabinets and drawers to prevent access to sharp objects or hot appliances.
	Install a stove guard.

Bedroom

	Monitor use of electric blankets and heating pads
	Provide seating near the bed for dressing
	Ensure closet shelves are at accessible heights

Living Areas

	Remove clutter and tripping hazards
	Secure unstable furniture that might be used for support
	Minimize glare from lighting and sunlight

Door and Window Safety

	Install door and window locks to prevent wandering or escape.
	Use door and window stops to prevent accidental opening.
	Install window guards or stops to prevent falls.

Outdoor Areas

	Keep paths well-swept and clear of overhanging branches
	Check and secure gate catches
	Ensure proper outdoor lighting, especially at entrances

Wandering Prevention

	Enroll in Alzheimer's Association Safe Return Program
	Keep a current photo available
	Ensure person wears identification bracelet
	Install door alarms or monitoring systems
	Consider GPS tracking devices for the person with dementia
	Use "Do Not Enter" signs or stop signs on doors
	Camouflage doors with curtains or removable mural coverings

Hazardous Items Management

	Lock up medications
	Secure cleaning products and chemicals
	Remove or safely store old medications and hazardous materials

Fire Safety

	Install smoke detectors on every level of the home and near sleeping areas.
	Ensure working fire extinguishers are easily accessible.
	Keep emergency phone numbers and a phone nearby.
	Install screen on fireplaces.
	Remove or disable portable heaters.
	Remove or secure matches and lighters.
	Consider disabling the garbage disposal

Furniture and Appliances

	Secure heavy furniture and appliances to walls to prevent tipping.
	Remove any sharp edges or corners.
	Ensure appliances have secure doors or lids to prevent accidental opening.

Additional Safety Measures

	Create a "wander loop" for safe walking paths
	Use reflective tape to mark pathways, especially to bathroom
	Keep emergency contact numbers easily accessible
	Consider using location tracking devices
	Implement home fire safety measures, including checking electrical cords

Remember to regularly reassess safety measures as the person's condition changes over time. Involve the person with dementia in safety discussions when possible, and ensure that any changes maintain their dignity and independence as much as possible.