



## Home Safety Tips for Individuals Living With Dementia

As dementia progresses, everyday spaces can become confusing or unsafe, but small changes can make a big difference.

1. **Evaluate the Environment:** Regularly check high-risk areas, clear clutter and tripping hazards, and update your home safety setup every few months.
2. **Kitchen Safety:** Use automatic shut-off appliances and secure stove knobs and cabinets containing hazardous substances. Add picture or word labels to cabinets to support independence.
3. **Bathroom and Bedroom Safety:** Add grab bars and non-slip surfaces in the bathroom. Keep the bedroom tidy and secure furniture to prevent falls and tipping.
4. **Lighting and Visibility:** Add lighting in hallways, bathrooms, and stairs. Use night lights to prevent disorientation, especially at night.
5. **Wandering Prevention:** Install locks on doors and windows that are out of sight to prevent wandering.
6. **Emergency Preparedness:** Have emergency contact information (e.g., local police, hospitals) easily accessible.
7. **Medication and Chemicals:** Store medications and hazardous substances (cleaning fluids, windshield wiper fluid, etc...) in a locked cabinet and consider using a pill organizer to ensure proper dosage.

## LONG TERM CARE COMMUNITY COALITION

*Advancing Quality, Dignity & Justice*

This Dementia Care Card is part of a toolkit of resources to help improve care for individuals living with dementia. For more detailed information on this topic and other useful resources, visit [www.nursinghome411.org/dementia-care-in-the-community](http://www.nursinghome411.org/dementia-care-in-the-community).

**Visit [www.NursingHome411.org](http://www.NursingHome411.org) for...**

- Dementia care resources,
- Fact sheets on nursing home resident rights,
- Information on nursing home staffing & quality,
- Assisted living guides,
- Family empowerment resources,
- Educational webinars,
- And much more!

**All resources are free to use and share.**