

# 10 WAYS

TO KEEP YOUR  
LOVED ONE  
SAFE AT HOME

There are many important considerations to keep in mind when creating a safe home for your loved one with dementia or Alzheimer's disease. Here are 10 actions you can take today.

WOMEN'S  
ALZHEIMER'S  
MOVEMENT



# 10 WAYS

## TO KEEP YOUR LOVED ONE SAFE AT HOME

- 1. Beware of fall hazards.** Throw rugs, shoes, toys, unsecured furniture or loose floorboards can be fall hazards. Clear your floors of these items or any other clutter.
- 2. Ensure proper lighting.** Make sure all hallways and rooms have direct lighting. Use night lights and timers for clear visibility any time of the day.
- 3. Laundry room.** Keep cleaning products including detergent, bleach, liquid detergent packs, etc., in original containers and in a cabinet with safety locks.
- 4. Bathroom safety.** All showers, tubs and toilets should have safety bars and handles for safe use and mobility. Use non-slip mats or stickers in and out of the shower.
- 5. Kitchen safety.** Stove knob locks can prevent accidental burns or fires. If possible, switch to a convection or electric stove. Lock away knives and sharp objects.
- 6. Medications and other substances.** Make sure medications and alcohol are kept locked up and out of sight.
- 7. External stairs and walkways.** Stairs and steps should have handrails or grab bars and be well lit. Repair cracks or loose stones in the walkway.
- 8. Pool area.** Install a safety gate and keep it locked. Consider a pool alarm and cover, and external cameras to monitor the area. All pool chemicals should be locked away.
- 9. Tools and equipment.** Keep sharp blades, tools and firearms in a locked cabinet. Any motorized equipment such as lawnmowers, leaf blowers, etc., should be stored away from reach.
- 10. Put technology to work for you.** Use a video doorbell that alerts you when someone leaves or enters your home in case your loved one wanders off. Install motion sensors and cameras that will alert you if someone is outside the home or falls inside the home. Set up interior cameras and invest in a GPS tracking and identification bracelet.

For more resources and information about dementia and Alzheimer's disease, visit [Women's Alzheimer's Movement at womensalzheimersmovement.org](https://www.womensalzheimersmovement.org).

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