



**SIU MEDICINE**

DALE & DEBORAH SMITH CENTER  
FOR ALZHEIMER'S RESEARCH  
& TREATMENT

# HOME SAFETY

## CREATING A SAFER ENVIRONMENT

A home is a reassuring place for someone with dementia, but after diagnosis and subsequent changes, adjusting the home to meet their needs is essential. Whether it's making sure floors are in good repair or hallways have adequate lighting, there are a number of ways to make sure a home is as safe as possible for someone with dementia. Here are some suggestions, depending on your needs:

### GENERAL ACCESSIBILITY

- Keep glasses and keys in consistent places.
- Place frequently-used kitchen items within easy reach.
- Keep necessary items on a bedside table.
- Consider purchasing a medical alert system.
- Label cabinets with the name of contents.
- Keep a cell phone handy at all times.
- Have an emergency plan for fires or other incidents.
- Use contrasting colors to highlight important objects or changing in height, like stairs.

### ENSURE ADEQUATE LIGHTING

- Use nightlights in the bedroom and the hallways.
- Purchase glow-in-the-dark light switches.
- Install lights in dark closets (stick-on "puck lights" are inexpensive and work well).
- Open drapes during the day and close at night — use additional lighting at night.
- Install outdoor motion-sensor light.
- Use lamps in dimly lit rooms, as opposed to overhead lighting to reduce glare.
- Keep entrances and outside walkways well lit.

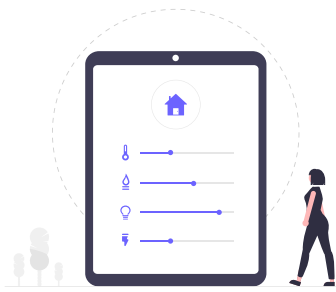


**We're here  
to help**

From health and wellness, managing changes, educating family and friends and more, explore our online resource guide for caregivers.

Visit [siumed.edu/alzresource](https://siumed.edu/alzresource) or scan the QR code below.





## Connect

### Have peace of mind

If you're technologically inclined and comfortable with wireless devices in your home, using wireless networks to monitor activity remotely can help alert for potential issues.

Many smart home devices can be monitored remotely through a phone app and can check and readjust if the thermostat, coffee pot, etc., was changed without your knowledge.



## 75 percent want to stay home

But less than 10 percent of U.S. homes are "aging-ready" for seniors, according to a U.S. Census Bureau study.

You're not alone if adjustments need to be made to increase your home's safety.

## BATHROOM SAFETY

- Use non-skid mats or decals in the tub/shower; use non-slip rugs in front of the sink and tub/shower.
- Hang rugs on railings or over tub when not in use.
- Have night lights in the bathroom and the hallway to the bathroom.
- Install appropriately placed grab bars for the toilet and tub/shower.
- Install an ADA height toilet or raised toilet seat.
- Use a bath bench or shower seat.
- Lower water heater temperature to 118 degrees Fahrenheit or lower.

## KITCHEN SAFETY

- Install childproof devices on cabinets containing breakable or dangerous items, such as cleaning products, knives, scissors, etc.
- Do not store flammable liquids in the kitchen. Lock them in the garage or outside unit.
- Move prescription or nonprescription drugs to a locked cabinet out of the kitchen.
- Install safety knobs and an automatic shut-off switch on the stove.
- Remove or secure the family "junk drawer." Remove artificial food that may appear to be edible.
- Insert a drain trap in the kitchen sink to catch items. Consider disconnecting the garbage disposal.

## BEDROOM SAFETY

- Try to meet needs that might cause nighttime agitation, including hunger, thirst, bathroom or pain needs.
- Use a monitoring device to alert you to sounds indicating a fall or a call for help.
- Consider removing the lock from the door to ensure no one is locked in or out of the room.
- Remove rugs to help prevent falls.