

# GARAGE, BASEMENT, WORKROOM



Keeping power tools  
powered down

## BIG PICTURE

Garages, workrooms, and basements can be used to store a number of different appliances, machinery, chemicals, or other materials that could be hazardous to those with dementia.

## TAKE-HOME TIPS

Whether intentional or not, these areas could be unsafe and should be closely monitored and locked when not in use. The person with dementia could forget how to safely operate or use a number of different items in these rooms and this poses a safety risk for you to address moving forward.

## TIME TO ACT

Do you have a garage, workroom, or basement that might have some of these items inside? Are they properly stored, secured, locked, or otherwise out of harm's way? Think carefully about how you could properly store away some of these items today and in the future.

# KITCHEN

A recipe for a safe  
and healthy home



## BIG PICTURE

The kitchen is an important area of any home - it's where meals are cooked, prepared, and cleaned. It's also a space for creativity and independence for many with dementia.

## TAKE-HOME TIPS

When thinking about how to make the kitchen a safer place, it's important to keep in mind how much cooking and working in a kitchen might mean to the person with dementia. For many, cooking is an essential part of their identity and while safety is the focus, it's also important to respect this part of them.

## TIME TO ACT

What ways could you make your kitchen safer? We focused here on the stove/oven, but it's also important to think about other items in the kitchen, like knives, appliances, as well as pots and pans. How could you change your kitchen today?

# BATHROOM

Avoiding Slips  
& Spills



## BIG PICTURE

Bathrooms are another important area to think about when making the home safe, due to the high potential for slips, spills, or other injuries.

## TAKE-HOME TIPS

Navigating in and out of the bathroom can be a major obstacle for those with dementia. We should pay close attention to the ways in which the person with dementia is able to safely move around these areas, especially with wet floors. This is why it's good to have walk-in showers, handles, and rugs on floors.

## TIME TO ACT

What does the bathroom currently look like? How easy would it be for you to install or modify for a walk-in shower, equip shower handles, or lay down some rugs and mats for added stability? Stability and preventing falls is the number one priority for these areas.

# LOCKS

For keeping dangers  
out of reach



## BIG PICTURE

When keeping the home safe, locks can be a great way to ensure dangerous items are kept out of reach. But these same locks can also be a hazard in some cases.

## TAKE-HOME TIPS

Locks can help prevent accessing certain areas of the home, but they can also accidentally lock someone inside a room too. Think about areas of your home where locks could be a good (or bad) option.

## TIME TO ACT

Look around your home and see which doors would benefit from having a lock or deadbolt applied, and which would be better off without them.

# ALARMS

On alert for dangers  
and other hazards



## BIG PICTURE

Having alarms installed in the home can help alert you, the person with dementia, or others to any dangers, such as fire, smoke, or wandering.

## TAKE-HOME TIPS

It's important to have a number of different alarms installed in the home and to ensure that they are tested and up-to-date. An alarm is no good if it isn't active or not fully charged. These alarms can save a life in the event of a fire, gas leak, or other crisis.

## TIME TO ACT

Survey the place where the person with dementia currently lives and identify the number and status of the alarms. Are they current and fully charged? Do they alert for fire, smoke, carbon dioxide, and more? Consider replacing any alarms that look outdated or old.

# FALLS

Standing strong  
and staying safe



## BIG PICTURE

Preventing falls should be a serious consideration when making the home safer for those with dementia

## TAKE-HOME TIPS

The best possible solutions to preventing falls involves avoiding trips up and down stairs. If possible, try to move all activities down onto the ground floor to avoid this. It is also recommended that you inspect hallways to remove any objects that they might trip over and make these areas well lit, especially at night. Light strips and hand rails can do a lot to prevent falls in the home.

## TIME TO ACT

Is it possible for this person to be moved onto the ground floor? If not, what other solutions could you consider? Be sure to look at any hallways between rooms and view these areas at night, installing better lights if needed.

# MEDICATIONS

A daily dose of safety plans and strategies



## BIG PICTURE

Many people with dementia often take medications as part of their daily routine. Dementia can make it difficult to remember how many and how often to take these medications.

## TAKE-HOME TIPS

Depending on the number of medications and how often they need to be taken, you could look into purchasing an auto-dispenser for these medications, or set aside only a day's worth of medications for the person to take, locking the rest away. In any event, it's good to find a place to lock up unused medications.

## TIME TO ACT

Think about the medications that this person might need to take: how many do they need a day and how often? Is this best solved through an auto-dispenser or some other means? What would be the best option for you?

# LIVING SITUATION

Creating a safe  
home, together!



## BIG PICTURE

Living partners can change how you make the home a safer place for those with dementia. If this person lives with someone else, it can do a lot to ensure that they are safe and healthy.

## TAKE-HOME TIPS

If the person with dementia is living alone, please consider if this is the safest possible solution - do you feel comfortable with them being alone currently? Do you see any potential safety concerns in the future? If so, it may be time to move them in order to keep them safe.

## TIME TO ACT

Think now about your situation - does the person with dementia live with anyone that can keep them safe and healthy? Are there any alternatives that you could consider in making this change towards safety?