

Home Safety Checklist

Home safety is important for everyone, but this is especially true if you're caring for someone living with Alzheimer's disease.

As the disease progresses, your loved one may become unaware of the dangers that exist and the person's abilities will change.

Use the following checklist to create a safe environment and prevent dangerous situations from occurring.



General Home Safety Tips

- Store potentially hazardous items, such as medication, alcohol, matches, sharp objects, or small appliances and tools in a securely lock cabinet.
- Display emergency numbers and your home address near all telephones.
- Make sure carbon monoxide, smoke detectors, and fire extinguishers are available and inspected regularly.



Kitchen

- Prevent unsafe stove usage by applying stove knob covers, removing knobs, or turning off gas when the stove is not in use.
- Discard toxic plants and decorative fruits that may be mistaken for real food.
- Mark food with purchase date; regularly check for and throw away expired items.
- If prescription or nonprescription drugs are kept in the kitchen, store them in a locked cabinet.



Bathroom

- Install grab bars for the shower, tub, and toilet to provide additional support.
- Do not leave a severely impaired person with Alzheimer's alone in the bathroom.
- Remove small electrical appliances from the bathroom. Cover electrical outlets.



Bedroom

- Provide seating near the bed to help with dressing.
- Closely monitor the use of an electric blanket, heater, or heating pad to prevent burns or other injuries.
- Use a monitoring device to alert you to any sounds indicating a fall or other need for help.



Living Room

- Do not leave the person with Alzheimer's disease alone with an open fire in the fireplace. Consider alternative heating sources.
- Clear electrical cords from all areas where people walk.
- Keep matches and cigarette lighters out of reach.
- Secure large furniture, such as bookshelves, cabinets, or large TVs to prevent tipping.



Garage and Basement

- Lock access to all garages, sheds, and basements if possible.
- Keep all toxic materials such as paint, fertilizers, gasoline, or cleaning supplies, out of view.
- Install a motion sensor on the garage door.