



Home Safety Basics

A Gentle Checklist for Dementia-Friendly Living

Purpose:

Help caregivers reduce risk without turning the home into a hospital.

You don't need to do all of this at once. Pick one room. One drawer. One small improvement. That's enough for today.

General Home Safety

- Remove clutter from walkways
- Secure loose rugs or remove them entirely
- Improve lighting in hallways, stairs, and bathrooms
- Use nightlights in bedrooms and bathrooms
- Keep commonly used items in easy-to-reach places
- Label drawers and cabinets when helpful
- Reduce background noise (TV, radio) when possible

Falls happen quickly. Clear paths save a lot of heartache.

Kitchen Safety

- Supervise cooking when possible
- Use stove knob covers or disable the stove if needed
- Store sharp objects securely
- Lock away cleaning products and chemicals

- Check refrigerator regularly for expired food
- Consider automatic shut-off appliances

Bathroom Safety

- Install grab bars near toilet and shower
- Use non-slip mats in tub and on bathroom floor
- Set water heater to a safe temperature
- Use a shower chair if balance is unsteady
- Lock up medications and personal care products

Stairs & Entryways

- Install handrails on both sides of stairs
- Mark step edges with contrasting tape if vision is affected
- Keep stairs well lit
- Secure or block unused stairways if necessary

Doors, Keys & Exits

- Keep doors secured if wandering is a concern
- Place locks higher or lower than eye level
- Use door alarms or motion sensors if helpful
- Keep keys out of sight
- Post emergency numbers in visible locations

Safety is not about control. It's about reducing risk while preserving dignity.

