

# HOME SAFETY CHECKLIST

Individuals living with Alzheimer's and other dementias are at increased risk for injury or harm in certain areas of the home. As the disease progresses, they may become unaware of the dangers that exist. Consider taking the following precautions to create a safe environment, which may prevent dangerous situations from occurring and help maximize the person's independence for as long as possible.

## General Home Safety

- All potentially hazardous items (medication, alcohol, matches/lighters, sharp objects, power tools, small appliances, etc.) are securely locked away or removed from the home.
- Cleaning products (liquid laundry packs, bleach, ammonia, etc.) are out of reach, secured, or removed from the home.
- The phone number for local poison control center is handy or saved in your phone.
- Carbon monoxide and smoke detectors and fire extinguisher are available and in good working condition.
- Tripping hazards (throw rugs, extension cords, excessive clutter, etc.) have been removed.
- Walkways and rooms are well lit.
- Large furniture (book shelves, cabinets, large TVs, etc.) are secured with earthquake straps.
- Chairs have armrests to provide support when standing from a sitting position.
- Glass doors have stickers or other decals at eye-level to ensure they are visible.
- Locks on interior door have been removed to prevent the person from locking themselves in or out of rooms
- Firearms have been removed from the home or securely locked away.
- The person has been enrolled in a wandering support service.

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## Kitchen

- Appliances have an automatic shut-off feature
- Knobs on the stove and oven have been covered or removed, or the gas has been turned off while the stove is not in use.
- Garbage disposal has been disconnected.
- Food is marked with the purchase date and the kitchen is regularly checked for expired food items
- Toxic plants and decorative fruits that may be mistaken for real food have been removed.
- Vitamins, prescription drugs, sugar substitutes and seasonings have been removed from the kitchen table and counters.

## Laundry Room

- Lint screens and dryer ducts are regularly cleaned to prevent fires.
- Safety locks are installed on washing machines and dryers to prevent inappropriate items being put in or taken out too early.
- Laundry shoots are locked to avoid temptation to climb into or drop inappropriate items down the chute.
- Cleaning products (laundry detergent, bleach, etc.) are kept out of sight or locked away to avoid ingestion of harmful chemicals.

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## Bathroom

- Grab bars have been installed in the tub or shower. A shower chair is available and the tub floor is fitted with textured stickers or a rubber mat.
- Temperature on the water heater is set to 120° Fahrenheit or below to avoid scalding.
- Loose rugs and bathmats have been removed to avoid tripping.

## Bedroom

- Electric blankets, heaters and heating pads have an automatic shutoff to prevent burns, other injuries and fires.
- Stable seating near the bed is available to assist with dressing.
- Closet shelves are at an accessible height so that items are easy to reach. Heavier items are stored on the bottom of the closet to keep them from falling from high shelves.

## Garage and Basement

- Access to large equipment such as lawn mowers, weed trimmers or snow blowers is limited.
- Poisonous or harmful chemicals (gasoline, paint thinner, etc.) are kept out of reach, locked away, or removed.
- Access to car keys is restricted.
- Stairs are marked with bright tape and railings are sturdy and secure.

*Home Safety Checklist made possible through a collaboration with Procter & Gamble.*  
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