Home Safety Strategies for Early Stage Dementia
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Agenda
- Activities of Daily Living
- Financial Safety
- Physical Safety
- Transportation Safety
- Emotional Safety

Activities of Daily Living
- Eating & Nutrition
  - Cooking
  - Eating enough
  - Spoilage
- Tips
  - Simplify recipes
  - Use crockpots
  - Routine
    - Grocery Shopping
    - Cleaning out the fridge
    - Labeling items
Financial Safety

Tips
- Involve a trusted person to review mail, bank accounts, and legal documents
- Set up automatic bill payments or involve a trusted person in paying bills
- Close credit cards that you no longer use
- Complete a Power of Attorney
- Remove your name from telemarketer lists
- Review your credit report annually
- Notify your bank, set up alerts
- Consult with an attorney

Financial Safety

Five Red Flags
- They contacted you
- They want the conversation to remain confidential
- You must act with urgency and immediacy!
- If it sounds too good to be true, it is.
- You need to wire money or send money using gift cards

Physical Safety Tips

- Falls
  - Put grab bars in the bathroom
  - Stairs
    - Good lighting
    - Handrails
    - Contrast Strip
    - Anti-slip material
  - Remove rugs
  - Lighting
Medications

- **Tips**
  - Use a pill box organizer
  - Develop a routine
    - Use a checklist, calendar, or app to track
  - Automatic medication dispensers
  - Utilizing home health services

Physical Safety

- **Natural Disasters**
  - Develop a safety plan
    - Who can assist?
    - Where can you stay?
    - How will you get there?
  - Take into account specific needs like durable medical equipment, oxygen, medications
  - Evacuate early, if possible
  - Have a copy of your medical records, and have extra medication on hand if possible
  - Prepare an emergency kit

Physical Safety

- **Hobbies**
  - Woodworking, hunting, etc.
  - Consider modifying the activity
  - Enjoy your hobby with a companion
  - Think of other hobbies that you’d enjoy if engaging in your current hobbies becomes unsafe
Transportation Safety

- Driving
- Public transportation
- Wandering
  - 60%
  - MedicAlert + Alzheimer’s Association Safe Return

Emotional Safety

- Depression
  - 40% of people with dementia have depression
- Suicidal thoughts
- Isolation

Tips

- Talk to your doctor or a licensed mental health professional about any feelings of depression or thoughts of suicide
- Do your best to stay connected to your friends
- Find new activities and people that you can relate to
  - Alzheimer’s Association Early Stage Programs
For more information

- **Financial Safety**
  - AARP Elder-Watch
  - District Attorney Fraud Hotline
    - Jeffco/Gilpin: 303-271-6980
    - Denver: 720-913-9179
    - Colorado Attorney General: 800-222-4444
  - www.stopfraudcolorado.gov

- **Physical Safety & Activities of Daily Living**
  - Consult with a physical therapist or occupational therapist
  - Brothers Redevelopment: Home Modifications
  - Accessible Systems

- **Transportation Safety**
  - Driving evaluations:
    - Drive with Confidence: 303-908-6322
    - CAN Adaptive Driving Solutions (Fort Collins & Littleton): 970-493-6667
    - VA
  - Other transportation options: Check with your local Area Agency on Aging or local Alzheimer’s Association office
  - MedicAlert+Safe Return ID bracelet
For more information

- Planning for natural disasters
  - American Red Cross
  - National Hurricane Center
  - Ready.gov

For more information

- Emotional Support Resources
  - Alzconnected.org
  - 24/7 Helpline: 800-272-3900
  - Senior Reach (Adams, Jefferson, Clear Creek, Boulder, Broomfield, Gilpin, & La Plata counties): 866-217-5808
  - Rocky Mountain Neurobehavioral Associates
    - www.mountainneuro.com
  - Alzheimer’s Association Early Stage Programs

Thank you!

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