

Home Safety Checklist - Living Areas

	Yes	No
<p>Can the person walk freely around the living rooms if they wish?</p> <p>Some people with dementia like to keep moving constantly. Organize the furniture to allow the person to walk around safely, then try not to move it again. Place interesting items at intervals around the route they take. This will encourage them to rest now and again by stopping to investigate.</p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Could electrical or phone cords trip the person?</p> <p>Keep all cords around the edge of the room. Tape them against the baseboards if they could still be a hazard.</p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Are there loose rugs on the floor?</p> <p>Remove rugs or tape them securely to the floor to avoid tripping.</p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Is the floor shiny?</p> <p>The person with dementia may be confused by reflections. Control indoor reflections by avoiding gloss polish on floors.</p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Is there glare from the windows?</p> <p>Changes in vision can make glare very confusing. Reduce the effect by using sheer drapes, perforated blinds or shades. If redecorating, use matte finish paint and wallpaper.</p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Are potted plants poisonous if eaten by mistake?</p> <p>Check with a reliable garden centre. Poinsettias at Christmas time are a particular hazard.</p>	<input type="checkbox"/>	<input type="checkbox"/>

Other:

Home Safety Checklist – Kitchen

- **Mop all spills immediately to avoid slipping**
- **Discard spoiled foods immediately to avoid food poisoning**
- **Keep garbage out of sight**

	Yes	No
<p>Are harmful products such as bleach and cleaning materials locked away?</p> <p>A person with dementia may confuse liquids with drinks.</p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Are knives and other sharp objects locked away?</p> <p>The person may need supervision when using sharp utensils. Lock away the blender too.</p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Are sockets covered and appliances secured when not in use?</p> <p>Cover sockets with childproof covers. Ensure appliances such as irons, toaster ovens or electric kettles have automatic shut-off features or are connected to a timer switch. Keep them unplugged with the cord tucked away when not in use. Supervise cooking and remove knobs or fuses from the stove when not in use.</p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Are there sharp edges to countertops?</p> <p>Be cautious around sharp-edged countertops. These should ideally be rounded to prevent injury if someone falls.</p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Is the hot water thermostat set at 48 °C (120 °F) or lower?</p> <p>The person may not be able to distinguish between hot and cold taps or may not be able to realize that the water is too hot. Use coloured markings, such as red and blue elastic bands, to help the person distinguish between hot and cold taps.</p>	<input type="checkbox"/>	<input type="checkbox"/>

Other:

Home Safety Checklist – Eating Areas

Is there anything on display that could be mistaken for food?

Have a look for items such as the little decorative rocks around plants that can be mistaken for mints.

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>

Is the table easy to access, and clear of unrelated clutter?

Keeping the tabletop clear makes it easier for the person to concentrate on eating.

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>

Other:

Home Safety Checklist – Laundry Areas

Are laundry liquids locked away?

The person may drink them by mistake.

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>

Are the washing machine & dryer disabled when not in use?

Turn off the water taps and unplug the machines to avoid them being used inappropriately.

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>

Other:

Home Safety Checklist – Bathroom

	Yes	No
<p>Can the person use the toilet easily?</p> <p>Install handgrips next to the toilet. A raised toilet seat may be helpful. Remove any item, such as a garbage container, that may be mistaken for the toilet.</p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Can the person use the tub or shower easily?</p> <p>Install handgrips, use a non-slip mat and avoid bath oils or lotions. Place a towel of a different colour (not too dark, or it may appear to be a hole) over the edge of the bath to show where the person should step in. A hand-held hose may be useful.</p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Are harmful items on view?</p> <p>Remove liquids such as shampoos and moisturizers if they may be drunk or eaten. Lock away sharp items such as razors or nail scissors.</p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Is the hot water thermostat set at 48 °C (120 °F) or lower?</p> <p>The person may not be able to realize that the water is too hot. Use coloured markings, such as red and blue elastic bands, to help the person distinguish between hot and cold taps.</p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Does the door have a two-way lock?</p> <p>This ensures that the person cannot become trapped inside.</p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Do mirrors cause anxiety?</p> <p>The person may no longer recognize their reflection and may assume that the person in the mirror is in the bathroom with them. Install a blind over the mirror or remove it altogether.</p>	<input type="checkbox"/>	<input type="checkbox"/>

Other:

OTHER HOME SAFETY TIPS

Alcohol

- Alcohol may add to confusion.
- Increases the risk of falls.
- May trigger adverse reactions to medications.

Smoking

- If a person smokes, they should be supervised.
- Place a little water in each ashtray and ensure that ashtrays are conveniently located.
- Eventually cigarettes, lighters and matches may need to be removed permanently.

Emergency Numbers

- Post emergency numbers near all telephones. Include police, fire, ambulance, poison control, doctor.

Hazardous Items

- Lock up potentially hazardous items such as medications, guns, power tools, saws, matches, cleaning materials, etc.

Shoes

- Shoes should fit well and have non-slip soles.

Smoke Alarms/Carbon Monoxide Alarms

- Alarms should be installed and the batteries checked regularly.