



StayHealthy

Health Information from the Visiting Nurse Service of New York

Home Safety for People with Memory Loss

Sometimes, people with memory loss (particularly those with dementia and Alzheimer's) can get confused—even in their own homes.

You can help them live more safely by proactively removing possible household dangers and taking some of the following basic precautions:

- Create a “wander loop” in your home, a clear pathway that allows the person to safely roam about the environment. Secure rugs and install handrails throughout the loop.
- Install nightlights throughout the home.
- Use reflector tape to create a path to the bathroom.
- Cover stove top, radiators and electrical outlets with guards.
- Lock doors that lead to potentially dangerous places, like the cellar and garage.
- Lock cabinets that contain liquor, medications, and toxic chemicals that could be swallowed.
- Get rid of firearms or store them in a locked cabinet and keep bullets in a separate locked cabinet.



- Install safety locks and alarms on exit doors, gates and windows.
- Cover smooth or shiny surfaces to reduce glare, which can cause confusion.
- Adjust light fixtures to minimize shadows in the room.
- Cover or remove mirrors if they are upsetting to a person with hallucinations.
- Store car keys in a locked container; disable the car.
- Do not allow unsupervised smoking.
- Make sure the person's I.D. bracelet is worn at all times.
- When selecting home health care, hire an aide who has been trained to deal with memory loss and is supervised by a skilled home care nurse.
- Most importantly, along with a nurse or a doctor, constantly reassess the person's abilities.



Start implementing these measures today to help your loved one live safely at home.

VNSNY-SH-0112E
Vol.11 No. 2

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1-888-VNS-1-CALL (1-888-867-1225) or visit our website: www.vnsny.org**