

Alzheimer's Home Safety Checklist

Alzheimer's Home Safety Checklist for Outside of the House:

Yes or No

- Are the top and bottom of the stairs are marked with bright yellow or white tape?
- Is there a handrail on both sides of the stairs?
- Are there locks on windows and doors?
(a spare key hidden outside the home or give one to a nearby friend or neighbor)
- Extra outdoor lighting in place for good nighttime visibility, especially on stairs and walkways?
- All poisonous plants are removed from the house and yard?

Garage/Sheds:

Yes or No

- Are power tools and other dangerous equipment where they are not accessible?
- Are car keys safely locked away?
- Do doors have double locks on them?

Alzheimer's Home Safety Checklist for Inside the House

Yes or No

- Are the top and bottom of the stairs are marked with bright yellow or white tape?
- Is there a handrail on both sides of the stairs?
- Is there adequate lighting throughout the home?
- All entryways, halls and floors are free of clutter, extension cords and scatter rugs?
- Are there childproof covers over plugs?
- Are all computers and information stored on them protected (password protection)?
(Make sure you get all passwords written down soon after diagnosis)
- Have you labeled doors such as bedroom and bathroom?
- Is the furniture arranged to allow easy movement through room?
- Is cushioning added to sharp corners on furniture and cabinets?
- Do you have monitors or intercoms in the house (baby monitors work well for this)?

Alzheimer's Home Safety Checklist

- Do you have alarms on doors to outside?
- Do you have outside doors disguised?
- Do you have a telephone and flashlight where they are easily available?
- Have you removed all hazards that might lead to tripping?
- All firearms are removed from the house or stored in a locked cabinet?
- Is the answering machine on and set it to turn on after the fewest number of rings possible?
- Did you apply decals at eye level on sliding glass doors, picture windows, or furniture with large glass panels to identify the glass pane?

Kitchen:

Yes or No

- Is there a working fire extinguisher?
- Did you apply childproof door latches on storage cabinets and drawers you feel need it?
- Are all household cleaning products locked away?
- Are matches, knives, scissors, blades, small appliances, and anything valuable locked away?
- Is there a drain trap in the kitchen sink to catch small items?
- Are knobs removed from the stove or safety covers on?
- Are smoke alarms installed (check batteries monthly)?
- Is there a night-light in the kitchen?
- Is the garbage disposal dismantled?
- Are junk drawers are emptied (small items may be mistakenly eaten)?
- Are emergency contact numbers posted in plain (refrigerator is best place for this)?
- Are area rugs in front of sink or under the table are removed?
- Do you always turn handles of pots and pans facing towards the back of the stove?

Basement/ Laundry Rooms:

Yes or No

- Are stairs marked with bright white or yellow tape?
- Are all cleaning supplies in a locked cabinet?
- Are small appliances locked up?
- Is walkway free of clutter?

Alzheimer's Home Safety Checklist

Living/ Dining Rooms:

Yes or No

- Are all electrical cords out of sight?
- Are all throw rugs removed?
- Is furniture arranged to allow easy walkway?
- Is all furniture stable and does not move when leaned on?

Bathroom:

Yes or No

- Do you have door locks that can be opened from both sides?
- Do you have safety grab bars in the tub or shower?
- Are there non-slip mats in the bathtub or on the shower floors?
- Is the water heater to 120 degrees or less?
- Are all small rugs removed?
- Do you have a raised toilet seat with handrails, or install grab bars beside the toilet (to assist in lowering and lifting off the toilet)?
- Is there a light on in the bathroom at night?
- Is the medicine cabinet empty of all medicines (including over the counter medicines such as cough syrup and Aspirin)?
- Are all razors removed, an electric razor is the safest to use?
(best used with a mirror outside the bathroom to avoid water contact)
- Is there a foam rubber faucet cover in the tub to prevent serious injury if there is a fall?
- Is there a shower bench and a hand-held shower head to make bathing easier?
- Are all cleaning products removed from under the sink, and locked them away?
- Are all small electrical appliances removed from the bathroom?
- Are electrical outlets covered?
- Do you have a single faucet to mixes hot and cold water in the shower, tub, (and sink to avoid burns)?
- Are there drain traps in sinks to catch small items that may be lost or flushed down the drain?

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Bedrooms:

Yes or No

- Is there a smoke detector in the patient's bedroom?
- Are there childproof covers over electrical plugs?
- Is there an intercom device (often used for infants) to alert you to any noises
(Indicating falls or a need for help?)
- Do you have a nightlight?
- Is the corner of nightstand cushioned?
- Are all throw rugs removed?
- Is there a clear straight path to doorway?