












Resources

Topic	Description	Website	QR Code
Falls Prevention	Learn about the possible risks from reaching, pushing, and carrying while housekeeping and caring for clients; describe strategies and tools to reduce risks; explain safe moving and transfer techniques; and demonstrate positive problem-solving with clients.	https://www.cdc.gov/niosh/docs/2015-102/module2.html	
Falls Prevention	One-page in-home fall prevention checklist with steps you can take to prevent falls and other safety tips.	https://uvahealth.com/sites/default/files/2018-08/Fall-Prevention-Checklist.pdf	
Falls Prevention	Two-page mobility plan with an in-home checklist, physical health tips, and a transportation assessment.	https://www.cdc.gov/motorvehiclesafety/pdf/older_adult_drivers/CDC-AdultMobilityTool-12.12Customizable508c.pdf	
Falls Prevention	Four-page home fall prevention checklist with large font and other safety tips.	https://www.cdc.gov/steady/pdf/check_for_safety_brochure-a.pdf	
Falls Prevention	One-page fall prevention home exercises. Six exercises with written explanations and pictures.	https://www.activeandhealthy.nsw.gov.au/assets/pdf/Falls_Prevention_Home_Exercises.pdf	

Home Modification	Best Practices in Home Modification: Translating Research into Action	https://fkf77.p3cdn1.secureserv er.net/wp-content/uploads/2022/07/BestPr actices.Infographic4..pdf?time=1676812198	
Dementia Care	Room-by-room guide to dementia-enabling environments	https://www.enablingenvironme nts.com.au/home.html	
Dementia Care	Home tour from Memory Care Home Solutions	https://youtu.be/9eV75WdcNC4	
Dementia Care	Dementia-friendly home app/game	https://www.youtube.com/watch?v=OEjt68o0sX8	
Dementia Care	Equipment, adaptations, and improvements to the home from Alzheimer's Society of the UK	https://www.alzheimers.org.uk/get-support/staying-independent/what-equipment-improve-adapt-home-person-dementia	
Dementia Care	Alzheimer's Association home safety tips	https://www.alz.org/help-support/caregiving/safety/home-safety	

Creating a Dementia-Friendly Home

Easy, inexpensive changes to keep someone with Alzheimer's disease or a related dementia safer, happier, and healthier in their home for as long as possible.

General

- Good lighting-bright LED bulbs, windows with natural light if possible, add extra lighting in entries, hallways, stairwells, etc. Use nightlights in hallways, bedrooms, and bathrooms
- Safe flooring-avoid busy patterns, slick, shiny surfaces, and throw rugs/mats
- Open doorways-leave interior doors open if you want them to be used
- Furniture and fixtures that can be seen clearly-bright, contrasting color slipcovers and outline light switches with tape or paint
- Anchor large pieces to avoid tipping
- Safety devices like smoke and carbon monoxide detectors functional and tested regularly
- Have a list of emergency phone numbers out and available
- Orienting items like an easy-to-read clock that clearly shows the time, time of day, day, date, weather, etc., a large-print calendar to keep track of important events
- Photos or keepsakes that evoke positive memories
- Procedural maps with pictures for multi-step tasks

Elopement/Wandering

- Close doors that you don't want used. Add safety locks or wrap handles in fabric the same color as the door
- Paint the door the same color as the walls or add temporary curtains or screens
- Install locks out of sight—above or below eye level—remove locks on interior doors, keep extra sets of keys hidden elsewhere
- Use a black mat, paint or tape to create a threshold in front of the door to act as a visual barrier
- Warning bells or home security system alerts when door is opened
- Pressure sensitive mats at doorways
- Hedges or fences around the patio, yard, or outside common areas to act as visual barriers
- Safety gates or brightly colored netting across stairwells

- Put away items that may trigger a person's instinct to leave like coats, hats, purses, keys, and wallets

Bathroom

- Contrasting color toilet seat
- Possibly remove lid
- Toilet targets
- Label faucets with hot and cold
- Raised seat, shower chair, water temperature limiter, and grab bars if needed
- Textured stickers in tub
- Lock away cleaning products

Kitchen

- Often-used items easy to find—remove cabinet doors or add labels and pictures to indicate what's inside
- Keep countertops and tables clutter-free so the needed items stand out—remove toxic plants, decorative fruit, etc.
- Store vitamins, prescriptions, etc. off the kitchen counter unless additional safety measures have been taken such as locked pill organizers
- Hide/lock away items they shouldn't be using (knives, pet food if they constantly overfeed, etc.)
- Plates that help food stand out
- Safety locks for stoves or remove knobs
- Engage automatic shut-off features on appliances
- Adaptive utensils

Bedroom

- Closely monitor use of electric blankets and heating pads
- Provide seating near the bed to help with dressing
- Closet shelves are at an accessible height so items are easy to reach
- Limit available clothing to items that fit properly and are appropriate for the season