

Safety Measures

Many people with dementia want to live at home for as long as possible and it is recognized as a key factor for a longer independent life. However it is important to ensure that the home remains safe, secure, adapted to the changing needs of the person with dementia and those around.

Following are some tips of how we can minimize accidents and make the home a safer place.

1. **Avoid falls:**

- ❖ Arrange furniture simply and consistently and keep the environment uncluttered.
- ❖ Watch out for loose rugs and carpet edges, long electrical cords, staircases, sharp edges, uneven paths/surfaces etc.
- ❖ Get the person to wear appropriate footwear to avoid injuries and falls.

2. **Improving lighting:**

- ❖ Make sure that there is plenty of light in each room.
- ❖ Get the person to be seen by an optician regularly.

3. **Store dangerous substances in a safe place:**

- ❖ Hazardous substances might be mistaken for food or drinks, or be used inappropriately including medication.
- ❖ Whenever possible make sure that the person is supervised if cooking and/or dealing with gas or fire.

4. **Use memory aids:**

- ❖ Label doors of rooms with words and bright distinctive colours.
- ❖ Display large clearly labelled pictures of relatives so the person can keep track of who is who.

5. **Keep a list of useful contacts in hand:**

- ❖ Numbers of your local ambulance service, the police, nearest hospital, or closest relative or friend you would call in case of an emergency.

(source : volunteers' book, LAF booklet, LAF newsletter)