

Alzheimer's Disease – Creating a Safe Environment

Creating a safe environment is essential when caring for people with Alzheimer's disease. As the disease progresses, risk for adverse events such as falls, medication errors, and losing things/getting lost increases, so establishing and strengthening routine habits and minimizing memory-demanding tasks can make life much easier. The following are some tips to create a safe environment while supporting a person's sense of well-being and continued ability to function.



- Keep valuables such as wallets, keys, and cell phones in the same place at home.
- Keep medications in a secure location and use a daily checklist to keep track of correct dosages.
- Arrange for automatic payments/deposits to help with finances and paying bills.
- Provide a mobile phone with location capability so caregivers can track location; ensure important phone numbers are programmed into the phone.
- Schedule regular appointments on the same day and at the same time when possible.
- Track daily activity and schedules using a calendar or whiteboard; encourage checking off daily activities when complete.
- Remove excess furniture and clutter that could increase the risk of falls.
- Install handrails in bathrooms and on stairways.
- Provide shoes that are comfortable and have good traction to help decrease the risk of falls.
- Make sure the person with Alzheimer's always carries identification and/or wears a medical alert bracelet.
- Keep pictures and meaningful objects around the house.

Source: Mayo Clinic (mayoclinic.org)