

Dementia Home Safety Checklist

A Practical Room-by-Room Guide for Families and Caregivers

Why This Matters

Dementia affects more than memory. It can change how a person perceives their surroundings, making everyday spaces feel unfamiliar or overwhelming. Shadows may appear threatening, rugs may look like obstacles, and clutter can create confusion or anxiety. By making thoughtful adjustments throughout the home, families can help reduce risks, support independence, and preserve dignity while creating a calmer daily experience for their loved one.

High-Risk Hazard Prevention Guidance

- Remove throw rugs and loose floor coverings.
- Secure electrical cords behind furniture or along walls.
- Improve lighting throughout the home.
- Install nightlights in bedrooms, hallways, and bathrooms.
- Lock medications, vitamins, and supplements.
- Store cleaning supplies, chemicals, and alcohol securely.
- Keep walkways free of clutter.
- Install sturdy handrails on stairs.
- Check smoke and carbon monoxide detectors regularly.
- Consider door alarms if wandering is a concern.

Bathroom Safety Checklist

- ☐ Install grab bars near the toilet and shower.
- ☐ Use non-slip mats inside and outside the tub.
- ☐ Set the water heater to 120°F.
- ☐ Keep pathways dry and clear.
- ☐ Use a shower chair when appropriate.
- ☐ Install a handheld showerhead.
- ☐ Improve lighting around mirrors and sinks.
- ☐ Store medications securely.
- ☐ Consider raised toilet seats if mobility is limited.
- ☐ Ensure emergency access to the bathroom if needed.

Kitchen Safety Checklist

- ☐ Install stove knob covers.
- ☐ Store knives and sharp utensils securely.
- ☐ Remove unnecessary countertop clutter.
- ☐ Keep frequently used items within easy reach.
- ☐ Label cabinets and pantry shelves.

- ☐ Discard spoiled food regularly.
- ☐ Use automatic shut-off appliances when possible.
- ☐ Keep a fire extinguisher accessible.
- ☐ Store heavy cookware in lower cabinets.
- ☐ Unplug appliances when not in use.

Bedroom Safety Checklist

- ☐ Keep floors free of shoes, cords, and clothing.
- ☐ Ensure bed height allows feet to rest comfortably on the floor.
- ☐ Use motion sensors if wandering is a concern.
- ☐ Keep pathways to the bathroom well lit.
- ☐ Place a flashlight within reach.
- ☐ Remove unnecessary furniture.
- ☐ Keep mobility aids nearby.
- ☐ Use contrasting bedding colors to improve visibility.
- ☐ Store frequently used personal items close by.
- ☐ Consider blackout curtains if outside lights cause confusion.

General Home Safety Checklist

- ☐ Remove clutter from hallways and walkways.
- ☐ Test smoke and carbon monoxide detectors monthly.
- ☐ Ensure stairways have secure handrails.
- ☐ Keep emergency numbers accessible.
- ☐ Secure doors if wandering is a risk.
- ☐ Check for uneven flooring.
- ☐ Improve outdoor lighting.
- ☐ Mark step edges with contrasting tape if needed.
- ☐ Create and review an emergency plan.
- ☐ Keep important documents organized and accessible.

Tips for Reducing Confusion and Anxiety

- Use large-print labels on important doors and drawers.
- Add picture labels when helpful.
- Keep daily-use items in consistent locations.
- Reduce visual clutter and busy patterns.
- Remove mirrors if they create distress.
- Maintain a predictable daily routine.
- Use calm, reassuring language.
- Limit background noise.
- Display clocks and calendars prominently.
- Keep favorite photos and familiar items visible.

Supporting Families with Peace of Mind

At Caring Hands Adult Medical Daycare, we understand that caring for a loved one with dementia can feel overwhelming. Our goal is to support both participants and caregivers by providing a safe, engaging environment that promotes independence, dignity, connection, and daily purpose.

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<https://caring-hands.org/adult-day-care-contact-us/>

Disclaimer: At Caring Hands Adult Medical Daycare, we love sharing resources, tips, and more to help our community thrive. However, please keep in mind that the information in this guide is for educational and inspirational purposes only. While we are experts in care, the content here is not a substitute for professional medical advice, diagnosis, or treatment. We always recommend speaking with your primary physician or a qualified healthcare provider regarding any specific medical concerns or changes to your loved one's care plan.