

# KEEPING PLWD SAFE

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## GENERAL HOME SAFETY TIPS

- 1** Store potentially dangerous items, such as medication, alcohol, matches, sharp objects or small appliances, weapons and tools, in a securely locked cabinet.
- 2** Keep all cleaning products, such as bleach, out of sight or secured to avoid possible drinking of harmful chemicals.
- 3** Keep emergency numbers easily visible somewhere in the house in case of an emergency.
- 4** Invest in a smoke detector and fire extinguisher for your home.
- 5** Remove things your loved one might trip over, such as an uneven carpet, extension cords or children's toys.
- 6** Keep corridors and rooms well lit.
- 7** Ensure chairs have arm rests to provide support when going from a sitting to standing position.
- 8** Install a latch or deadbolt on all doors at either above or below eye-level if you are worried about wandering.
- 9** Apply stickers to glass doors at eye-level to ensure doors are visible.
- 10** Remove locks on interior doors to prevent the person with dementia from locking themselves in.



Call our Helpline at 876-881-6370 for more info or  
Email us your request: [info@alzheimersjamaica.org](mailto:info@alzheimersjamaica.org)

Adapted from [www.alz.org](http://www.alz.org)

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## KITCHEN, BATHROOM & BEDROOM SAFETY TIPS

### KITCHEN



Prevent stove accidents by using stove knob covers, removing knobs or turning off the gas when the stove is not in use.

Throw out decorative fruits and hide seasonings that may be mistaken for real food.

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### BATHROOM



Install railings for the shower, tub and toilet to provide additional support.

Avoid very hot or very cold bathwater. Make sure it is comfortable for the person.

Use a non-slip mat in bathrooms to avoid slipping and falling.

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### BEDROOM



Keep seating near the bed to help with dressing.

Ensure closet shelves are at an accessible height so that items are easy to reach, which may prevent the person from climbing shelves or objects falling from overhead.

Mark stairs with bright tape and ensure railings are sturdy and secure to prevent tripping or falls.