



# Gayle Wells Foundation™

## for Early Onset Alzheimers & Care

*Educating in Care & Compassion*

### Safety Guidelines

#### General Safety

- Ensure there are working smoke detectors located throughout the home
- Remove throw rugs, especially in the bathroom, as they can create a fall hazard (Tip: if you wish to have the bathroom carpeted, adhesive carpet squares are great. They are easy to put down and if one gets stained, you can replace it with a new square)
- If there are guns in the home, it is best to remove them. However, if this cannot be done, then they should be locked in a fire-proof safe or have the firing pins removed.
- Keep a list of emergency telephone numbers by each telephone.
- Keep areas free of clutter to decrease risk of falling

#### Kitchen

- Place knives and sharp objects out of reach or utilize safety devices, such as child-proof locks, to limit access to these items
- Make sure there is a working fire extinguisher located in the kitchen
- Clean out the refrigerator on a weekly basis and discard food items that have expired or are inedible

#### Bathroom

- If you do not have a walk-in shower, then it is recommended that you get a shower chair with an extension that sits both inside and outside of the bathtub. This will help decrease the fall risk.
- Install grab bars in the bathtub/shower area
- Mark “Hot” and “Cold” above the faucets. It is recommended that you monitor the water temperature for your loved one as they may have decreased sensitivity to temperature.

As the disease progresses, visual changes take place in the individual with Alzheimer’s. For examples, shadows can cause agitation and fear, as they can often be interpreted as a person or object. You can place drapes, blinds, or shades over windows. You can also cover mirrors and glass-top tables with fabric.