

CREATING A SAFER HOME



Falls Prevention:

- Remove objects that block walking paths in the home in doorways and on stairs
- Secure and use handrails
- Make sure there is bright lighting near doorways, stairways, between rooms, and easy to reach lighting at the bedside
- Install grab bars and non-slip mats in the bathrooms

Hazards in the Home:

- Store substances that could be poisonous (i.e. cleaning supplies, toxic chemicals) in a secured area
- Remove or disable firearms or other weapons, and ensure that they are locked up
- Monitor the use of heating pads, hair dryers, curling irons, electric appliances, and razors
- Check to make sure smoke and carbon monoxide detectors are working properly
- Kitchen stovetop and appliances have been safety proofed
- Check refrigerator regularly for spoiled or expired foods

Medication Safety:

- Have a doctor or pharmacist review your medications regularly
- Consider using a daily pill box and/or reminder alarms to help keep track of your medications
- Identify a trusted person who will provide regular reminders and check to make sure that you take the medications correctly

Other Safety Tips:

- Have emergency plan ready — who to call, how to get out, and keep emergency phone numbers next to all telephones
- Have your vision checked at least once per year
- Add an alarm or chimes on doors to provide an alert when opened
- Avoid giving your personal and financial information to strangers

Community Resources:

- Bluegrass Area on Aging 1-866-229-0018 - access and delivery of services, coordination of activities and programs for older persons, disabled individuals and caregivers
- KATS Network- CARAT - Coordinating /Assisting Reuse of Assistive Technology for all Kentuckians
RampUP! Kentucky - Durable Medical Equipment 1-800-209-7767 1- 800-327-5287

Website : [KATS Network: Assistive technology resources for Kentuckians with disabilities](#)

- Home Safety Checklist for Alzheimer's Disease

[Home Safety Checklist for Alzheimer's Disease from the National Institute on Aging](#)



For additional caregiver resources and educational programming from Sanders-Brown Center on Aging:

[Dementia Caregiver education and support resources](#)

Contact for more information:

Sanders-Brown Center on Aging: Research Clinic
University of Kentucky
2199 Harrodsburg Road
Lexington, KY 40504
(859) 323-5550

[University of Kentucky Sanders-Brown Center on Aging](#)

