



TUTERA
senior living & health care

Alzheimer's/Dementia Home Safety Checklist

GENERAL HOME ENVIRONMENT

- ☐ **Color Choices:** Use calming shades like blue for rooms like the bedrooms and bathrooms. Avoid overly energetic colors like bright red or orange in these spaces.
- ☐ **Visual Contrast:** Use contrasting colors to help distinguish between objects, such as painting a wall a different color than the cabinets or using dishware that stands out against the table.
- ☐ **Lighting:** Install glare-free lighting to avoid obstructing vision and avoid flickering bulbs that may cause agitation.
- ☐ **Circadian Rhythm Support:** Use smart lighting systems that mimic natural day-night cycles, with higher blue light during the day and lower levels at night to improve sleep quality.
- ☐ **Memory Aids:** Place familiar magazines and family photos around the home to stimulate memory recall and provide comfort through familiarity.

ENTRYWAY & NAVIGATION

- ☐ **Home Identification:** Place a bright, distinctive decoration (such as a red wreath) on the front door to help the resident easily identify their home.
- ☐ **Accessible Hardware:** Swap traditional round doorknobs for lever-style handles, which are easier for those with dexterity issues to operate.
- ☐ **Smart Entry:** Use door locks that can be managed via a passcode or a traditional key, allowing remote passcode changes.
- ☐ **Wandering Prevention:** If an individual is prone to wandering, move keys, coats, and purses away from the door to a less visible area.

KITCHEN & DINING SAFETY

- ☐ **Cooking Safety:** Install smart burners that prevent oil from reaching ignition temperatures and use magnetic fire extinguishers above the stove.
- ☐ **Appliance Management:** Use automatic-shutoff kettles and stoves, and cover burners when not in use.
- ☐ **Visibility:** Use clear-front cabinets and labeled see-through food containers to help the individual find items easily.
- ☐ **Smart Monitoring:** Use a refrigerator with an internal camera so caregivers can remotely check if their loved one is eating fresh food.

- ☐ **Specialized Utensils:** Provide weighted silverware for those with tremors and ergonomic mugs that are easier to grip.
- ☐ **Dining Comfort:** Use raised plates to bring food closer to the mouth and coated spoons for those with sensitive gums.

LIVING ROOM & BEDROOM COMFORT

- ☐ **Simplified Controls:** Replace complex television remotes with simplified, large-button versions preprogrammed to favorite channels.
- ☐ **Time Orientation:** Place large-text digital clocks in multiple rooms that clearly display the time, day, and date.
- ☐ **Furniture Safety:** Choose chairs that self-lock when standing up and use round side tables to prevent injuries from sharp corners.
- ☐ **Storage Labeling:** Add labels and pictures to dresser drawers to help with memory cueing and use high-contrast knobs for better visibility.
- ☐ **Clothing:** Opt for dementia-friendly clothing, such as shirts with magnetic buttons or slip-on pants.
- ☐ **Bed Safety:** Consider adjustable beds and use bedside sensors that alert caregivers when the person gets up at night.

BATHROOM HAZARDS

- ☐ **Fall Protection:** Install floor-level night lights that activate automatically in the dark.
- ☐ **Steady Support:** Install grab bars near the toilet and shower, including versions integrated with toilet paper holders.
- ☐ **Safe Surfaces:** Use solid-colored, non-slip matte tiles to reduce glare and prevent the floor from looking like a hole.
- ☐ **Accessibility:** Use “comfort-height” toilets (17 inches high) and transfer chairs for the bathtub to make sitting and standing easier.
- ☐ **Shower Control:** Install handheld shower heads with pause buttons to assist with bathing while seated.

SAFETY TECHNOLOGY

- ☐ **Voice Alerts:** Use smart smoke and carbon monoxide alarms that use human voices to explain the danger and its location in the house.
- ☐ **Caregiver Communication:** Set up virtual assistants (such as Amazon Alexa or Google Assistant) to play audio reminders for meals or medication.
- ☐ **Motion Paging:** Use silent motion-paging systems to alert caregivers when a loved one is moving at night, without startling the individual with a loud alarm.
- ☐ **Video Monitoring:** Install video doorbells to monitor in real time when someone approaches or leaves the home.

Contact our team for a personalized assessment: **877-988-8372**