

Alzheimers Home Safety Checklist for *Outside* of the House:

Yes or No

- ___ ___ the top and bottom of the stairs are marked with bright yellow or white tape?
- ___ ___ a handrail on both sides of the stairs?
- ___ ___ locks on windows and doors (a spare key hidden outside the home or give one to a nearby friend or neighbor)?
- ___ ___ extra outdoor lighting for good nighttime visibility, especially on stairs and walkways?
- ___ ___ all poisonous plants removed from the house and yard?

Alzheimers Home Safety Checklist for *Inside* the House

Yes or No

- ___ ___ the top and bottom of the stairs are marked with bright yellow or white tape?
- ___ ___ a handrail on both sides of the stairs?
- ___ ___ adequate lighting throughout the home?
- ___ ___ entryways, halls and floors free of clutter, extension cords and scatter rugs?
- ___ ___ childproof covers over plugs?
- ___ ___ computers and information stored on them protected (password protection)?
- ___ ___ doors labeled such as bedroom and bathroom?
- ___ ___ furniture arranged to allow easy movement through room?
- ___ ___ cushioning added to sharp corners on furniture and cabinets?
- ___ ___ monitors or intercoms in house?
- ___ ___ a telephone and flashlight where they are easily available?
- ___ ___ all hazards that might lead to tripping have been removed?
- ___ ___ firearms are removed from the house or stored in a locked cabinet?
- ___ ___ answering machine on and set it to turn on after the fewest number of rings possible?
- ___ ___ decals at eye level on sliding glass doors, picture windows, or furniture with large glass panels to identify the glass pane?

Kitchen:

Yes or No

- there is a working fire extinguisher?
- childproof door latches on storage cabinets and drawers?
- all household cleaning products locked away?
- matches, knives, scissors, blades, small appliances, and anything valuable locked away?
- a drain trap in the kitchen sink to catch small items?
- knobs removed from the stove or safety covers on?
- smoke alarm installed (check batteries monthly)?
- a night-light in the kitchen?
- garbage disposal dismantled?
- junk drawers are emptied (small items may be mistakenly eaten)?
- emergency contact numbers posted in plain sight?
- area rugs in front of sink or under the table are removed?
- handles of pots and pans facing towards the back of the stove?

Bathroom:

Yes or No

- door locks that can be opened from both sides?
- safety grab bars in the tub or shower?
- non-slip mats in the bath tub or on the shower floors?
- water heater to 120 degrees or less?
- all small rugs removed?
- a raised toilet seat with handrails, or install grab bars beside the toilet (assist in lowering and lifting off of the toilet)?
- a light on in the bathroom at night?
- medicine cabinet empty of all medicines (including over the counter medicines (such as cough syrup)?
- all razors removed (An electric razor is the safest to use, best used with a mirror outside the bathroom to avoid water contact)?

a foam rubber faucet cover (often used for small children) in the tub to prevent serious injury?

plastic shower stool and a hand-held shower head to make bathing easier?

all cleaning products removed from under the sink, and locked them away?

all small electrical appliances removed from the bathroom?

all electrical outlets covered?

use a single faucet that mixes hot and cold water in the shower, tub, (and sink to avoid burns)?

drain traps in sinks to catch small items that may be lost or flushed down the drain?

Bedrooms:

Yes or No

a smoke detector in the patient's bedroom?

childproof covers over plugs?

an intercom device (often used for infants) to alert you to any noises (indicating falls or a need for help)?

a nightlight?

corner of nightstand cushioned?

all throw rugs removed?

clear straight path to doorway?

Living/ Dining Rooms:

Yes or No

all electrical cords out of sight?

all throw rugs removed?

furniture arranged to allow easy walkway?

all furniture is stable and does not move when leaned on?

Basement/ Laundry Rooms:

Yes or No

___ ___ stairs marked with bright white or yellow tape?

___ ___ all cleaning supplies in a locked cabinet?

___ ___ small appliances locked up?

___ ___ walkway free of clutter?

Garage/Sheds:

Yes or No

___ ___ power tools and other dangerous equipment where they are not accessible?

___ ___ car keys safely locked away?

___ ___ doors have double locks on them?