



FEATURE ARTICLE FROM ALWAYS BEST CARE

How to Make a Home Safer for Persons with Alzheimer's Disease

Most people who suffer from Alzheimer's disease and other forms of dementia want to live at home as long as possible. Remaining in this familiar territory among loved ones also helps the individual stay connected to the past and present. However, staying at home increases the risk accidents and injury. To make living at home safer for someone living with Alzheimer's disease, you will need to reorganize every room of the house the individual may use.

Create a plan

Grab a notepad and pencil, and then head out to the car. Start taking notes at the location where your loved one will exit the vehicle to enter the home. Does the area have good lighting and an even terrain? How about handrails and ramps?

Head back into the home and inspect the doorway. Will you need to replace slippery welcome mats or install a peephole? Consider installing extra locks well above eye level to prevent your loved ones from wandering.

Move into the home and take notes in every room the individual plans to use. Consider locks on cabinets that contain dangerous materials, including household cleansers. Make sure coffee pots and other appliances have automatic shut off features, as people with dementia tend to forget to turn them off.

Take Action

Post a schedule detailing each day's routine alongside a large, easy to read clock. Use a write-on calendar to note important dates; strike off each day to help your loved one stay on schedule.

Remove toxic plants from the premises. Throw away unused portions of dangerous cleaning products to reduce risk for poisoning.

Monitor prescription and over-the-counter drug use. Lock up harmful prescription drugs. Keep non-prescription drugs out of sight to discourage accidental misuse.

Lock up or remove all firearms. Keep ammunition in a separate, locked location. Exercise personal control and responsibility for any weapons in the home.

You can create a safe, happy environment for your loved one as he or she progresses through Alzheimer's disease. Contact your nearest Always Best Care office by calling toll-free 1-855-

470-CARE (2273) for more information on how to make a home safer for a loved one with Alzheimer's disease.



Always Best Care Senior Services

Always Best Care Senior Services (www.alwaysbestcare.com/) is based on the belief that having the right people for the right level of care means peace of mind for the client and family. Always Best Care Senior Services has assisted over 25,000 seniors, representing a wide range of illnesses and personal needs. This has established the company as one of the premier providers of in-home care, assisted living placement assistance, and skilled home health care in the United States.

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