

Keeping Your Loved One Safe

Many of the symptoms of Alzheimer's disease can cause safety concerns. Symptoms such as forgetfulness and confusion can lead to unsafe situations. Try some of these suggestions to keep your loved one—and those around him or her—safe.

Organize a Safe Living Space

Look for things in each room that may be hazards for someone who is forgetful or confused. Decide what should be changed. It can be hard for people with Alzheimer's to adjust to changes, so alter as little as possible. Try these tips for dealing with common hazards.



Remove throw rugs that may slide or bunch up and cause a fall.

Reduce Clutter

Clutter makes confusion worse. It can also lead to falls. Keep living areas, walkways, and stairs free from clutter.

Secure Stoves and Appliances

Stoves and other appliances may be turned on and forgotten or used the wrong way. Remove or cover knobs or turn stoves and microwaves off by the outlet when not in use. Also, unplug or put away irons, toasters, blenders, power tools, and other electrical equipment.

Remove Other Hazards

- Turn the hot-water heater temperature down to below 120°F to prevent burns.
- Remove locks from the inside of bathroom and bedroom doors.
- Keep pool or hot-tub areas locked.
- Check stored food for spoilage. A person with Alzheimer's may not realize when food has gone bad.
- Keep purses, keys, bills, checkbooks, and other important items out of sight. People with Alzheimer's may move or hide objects and not recall doing so.



Lock up hazardous substances, such as cleaning supplies, matches, and prescription drugs.