



Dementia Home Safety Checklist

Practical, room-by-room ideas for making home safer and calmer for someone living with memory loss.

For: Families supporting someone with memory loss at home

Throughout the home

- ☐ Keep rooms well lit, including night lights in hallways and the bathroom
- ☐ Remove trip hazards such as loose rugs and cords
- ☐ Keep the layout familiar; avoid moving furniture unnecessarily
- ☐ Use simple labels or pictures on cupboards and doors if they help

Kitchen

- ☐ Consider stove safety options, such as knob covers or an automatic shut-off device
- ☐ Store cleaning products and sharp items out of easy reach
- ☐ Check the refrigerator regularly for spoiled food

Bathroom

- ☐ Consider grab bars and a non-slip mat
- ☐ Set the water heater to a safe temperature
- ☐ Keep medications stored securely, with reminders at agreed times

Wandering and getting lost

- ☐ Keep a recent photo and a written description ready
- ☐ Ask the person's doctor or a local resource about identification options
- ☐ Let trusted neighbors know who to call if they see the person out alone
- ☐ Notice times of day when restlessness is more likely, and plan calming activities

Routines and calm

- ☐ Keep a regular daily routine for meals, activities, and rest
- ☐ Reduce noise and clutter when the person feels unsettled
- ☐ Keep familiar photos, music, and objects nearby

Emergency plan

- ☐ Keep a list of emergency contacts, doctors, and current medications in one place
- ☐ Make sure everyone who provides care knows where the list is
- ☐ Ask the person's healthcare providers what to do if behavior or health changes suddenly

Prepared by Frontline Aide from the information on our website about how non-medical home care is arranged. This guide is general information to help you plan. It is not medical, legal, or financial advice and has not been reviewed by a clinician. For health questions, speak with the person's own doctor or care team.