



Making Your Home Safe

for someone with Alzheimer's

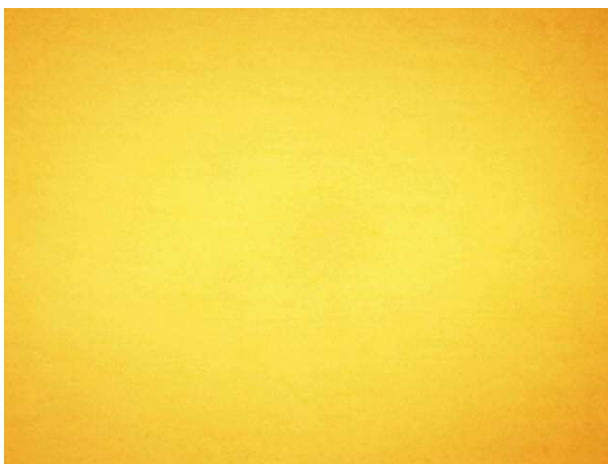


Introductions

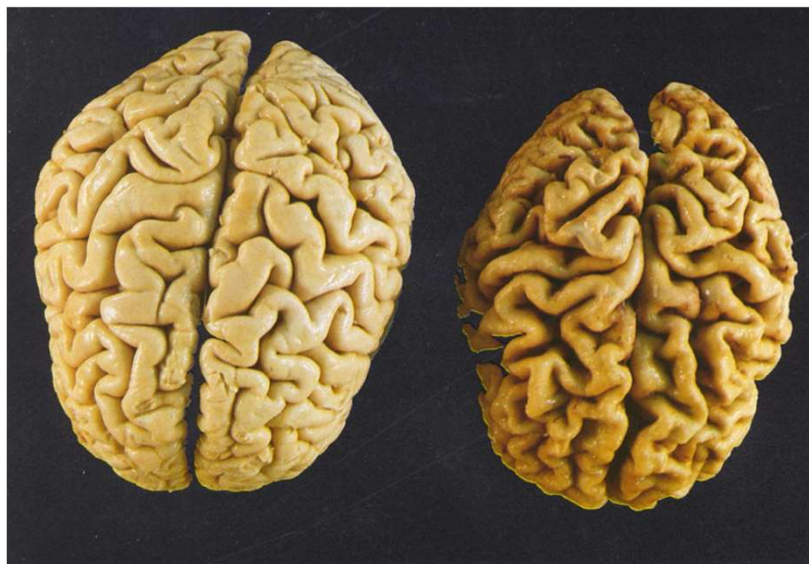
What We Will Cover

- The safety issues that arise when living with someone with Alzheimer's or another dementia
- How to modify the home to make it safer
- What products are available

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Normal

Alzheimer's

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How to Make the Home Safer

Strategies

- Change the environment
- Change the behavior
- Change your thinking

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How to change a behavior using **IDEA!**

1. **IDentify**

2. **Educate**

3. **Adapt**

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1. **IDentify**

Name and describe the behavior

- What is the challenging behavior? Be specific
 - Where? How often? For how long?
- What was happening before the behavior started?
- At what time of day do you see this happening?

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2. Educate

Learn about the behavior

- understand the cause of the behavior
 - Health
 - Environment
 - Activity
 - Communication
- understand the meaning of the behavior

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3. Adapt

Adjust the behavior

- Make necessary changes. Take control.
 - Change the environment
 - Distract or redirect
 - Address the cause
 - Change *your* attitude

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Common Safety Concerns

- Getting Lost
- Accidents
- Falls
- Medications

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Getting Lost & Wandering



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What will I do?

- **MedicAlert + Safe Return**



- What are 3 things that you would try at home?

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Getting Lost & Wandering Tips

- **Keep on hand**

- List of medications, allergies, doctors names and numbers, legal paperwork, insurance information
- Recent photo

- **Identification & Tracking**

- MedicAlert, ID bracelet, California state ID
- GPS tracking wristbands

- **Home Modifications**

- Motion detector alarms, bed pads, rugs
- Cover doors, lock doors, alarm on doors, stop signs
- Secure the yard, gate on stairs
- Hide shoes, keys, purse, coats, hats

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Accidents



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What will I do?

- Lock away any knives and guns



- What are 3 things that you would try at home?

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Accidents Tips

- Anti-scalding device on faucets
- Auto stove turn off device, remove stove knobs
- Plastic eating and drink ware
- Lock sharp items, cleaning supplies, etc.
- Lock kitchen and bathroom doors
- Chairs and tables sturdy with strong backs
- Decals on glass doors

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Falls



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What will I do?

- Install handrails in tub or shower and other equipment



- What are 3 things that you would try at home?

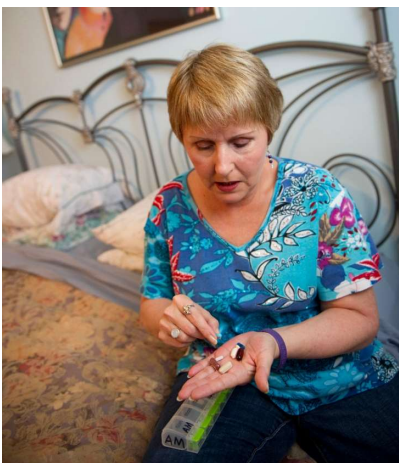
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Falls Tips

- **Prevention:** Don't hurry, allow plenty of time
- **Rails:** Bathroom, stairs and bed rails
- **Rugs & Floors:** Rubber based rugs, no floor wax
- **Clutter:** Remove floor clutter, shoes, rumpled rugs, books, cords, etc.
- **Lighting:** Have good lighting, light switches near doors, at stairs
- **Clothing:** Good sturdy shoes, clothing not baggy or too long

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Medications



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What will I do?

- Talk to your doctor



- What are 3 things that you would try at home?

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We are here to LISTEN
We are here to Help

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