



This information brochure was developed by graduate students from Western University's School of Occupational Therapy.

As part of the Occupational Therapy (OT) program, these students worked collaboratively with the Alzheimer Society London and Middlesex to promote dementia friendly environments in the community, and in individuals' homes.

Occupational Therapists are health care professionals who work to enable participation in everyday activities for individuals experiencing illness, injury, or disability. OTs can come into your home to make modifications that will increase safety and accessibility.

Talk to your primary care provider for a referral to OT services or visit [otontario.ca](http://otontario.ca) for the availability of other publicly funded occupational therapy services as well as private practice opportunities.

#### References:

<https://www.alzheimers.org.uk/blog/10-ways-make-your-home-dementia-friendly>

<https://www.brightfocus.org/alzheimers/article/making-your-home-dementia-friendly>

<https://dailycaring.com/dementia-friendly-home-4-ways-to-make-things-easier-to-see/>

<https://www.agedcareonline.com.au/2016/09/20-Tips-for-Making-Your-Home-Dementia-Friendly>

<https://www.nhs.uk/conditions/dementia/home-environment/>

<https://www.trevista-antioch.com/2018/06/25/6-simple-ways-to-make-your-home-is-safe-dementia-friendly/>

The tips listed here offer an overview of some of the safety considerations that will transform your home into a dementia friendly home. You can find further dementia home safety ideas online, including the Alzheimer Society of Canada site ([alzheimer.ca/en/home/living-with-dementia/day-to-day-living/safety/safety-in-the-home](http://alzheimer.ca/en/home/living-with-dementia/day-to-day-living/safety/safety-in-the-home)).

To learn more about general dementia safety, go to [findingyourwayontario.ca](http://findingyourwayontario.ca). **Finding Your Way** is the Alzheimer Society's web resource for living safely with dementia.

The mission of the Alzheimer Society London and Middlesex is to alleviate the personal and social consequences of Alzheimer's disease and other dementias and to promote research.

For support, education and social recreation programs for an individual diagnosed with dementia and their care partner, visit our website [alzheimerlondon.ca](http://alzheimerlondon.ca).

You can contact us by visiting our office in north London at 435 Windermere Road, by telephone 519-680-2404 or email [info@alzheimerlondon.ca](mailto:info@alzheimerlondon.ca)

## Making Your Home ...



## Dementia Friendly



Quick tips to make your home a safe and accessible environment for individuals with dementia.

# A Dementia Checklist For Home Safety

## ✓ Good Lighting



- Allow natural light into home
- Darken bedroom at night to facilitate sleep
- If reflections are troubling, cover mirrors and windows at night

## ✓ Make Eating and Drinking Easier



- Use plain plates with no patterns
- Use plates, cups and tablecloths that contrast with food and table surface
- Store food in clear plastic containers

## ✓ Reminders



Place clear labels including words and images on:

- Doors
- Cupboards & drawers
- Hot & cold labels on taps
- On & off labels on switches
- “Hot” label on stove

## ✓ Simple Bathroom



- Clear away items not regularly used
- Coloured toilet seat makes toilet easier to identify
- Keep household water temperature below 49° Celsius (120° F)

## ✓ Removing Hazards



- Lock or remove potentially hazardous items from the home including medicines, alcohol, cleaning products, sharp objects and poisonous plants

## ✓ Reduce Clutter



- Untidiness around home can lead to confusion and distraction
- Clutter can also increase risks of falling
- Turn off the TV, radio or other devices when not in use

## ✓ Staying Engaged



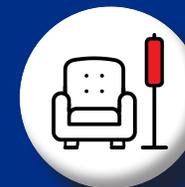
- Use large calendar or white board to remember social engagements
- Keep a list of phone numbers with photos with the telephone
- Place memorabilia around the home that trigger positive memories

## ✓ Safe Flooring



- Remove tripping hazards such as throw rugs, cords
- Plain flooring is best
- Avoid shine, patterns or black/dark colours

## ✓ Furniture



- Bright and contrasting colors can help make furniture more visible
- Avoid stripes, strong patterns, black

## ✓ Equipment to Increase Safety



- Install grab bars to prevent falls
- Ensure smoke alarms and carbon monoxide detectors are installed and operating

## ✓ Consider the Outdoors



- Take the opportunity to get outside
- Make front door easy to identify from neighbours
- Add decals to glass doors so they're easy to recognize as doors
- Plant a garden with a place to sit