



# Safety with Memory Loss

Providing safety for a loved one with memory loss can cover a wide variety of areas and the following list will serve as a good start:

- To avoid falls - Remove throw rugs and clutter in walkways including electrical cords.
- To avoid medication errors - Use a pill box or lockbox and dispose of outdated items.
- To avoid fire - Remove matches, candles and lighters. Install smoke detectors.
- To avoid poisoning - Secure cleaning products and nonedible liquids/décor that resemble food.
- To avoid burns - Remove or disconnect heat generating devices or appliances.
- To avoid elopement - Secure access to car and door keys and add high or low door locks.
- To avoid ER chaos - Have a medication list and advance directives such as power of attorney and living will easily accessible.
- To avoid caregiver burn out - Eat well, stay active, find support and plan breaks and time away.
- Add night lights, colored handrails, a shower bench, handheld shower wand and proper footwear.
- Add a monitor with a camera so you can allow your loved one to rest but still know they are safe while in other parts of the home.
- Add homecare, daycare, enlist help from family and friends, and know your next step when conditions decline. Visit long term care communities ahead of the need.
- Give yourself grace daily.

Every situation will be different but start with the basics and someday you will be sharing your own tips on how to keep a loved one safe with memory loss.

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