

HOME SAFETY CHECKLIST



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Safety checklist for families supporting someone with memory loss or dementia

A safe home helps your loved one stay comfortable, independent, and calm. This checklist offers simple ways to prevent accidents, reduce stress, and make the home easier to move around and live in.

You don't need to do everything at once. Small changes can make a big difference.

Kitchen safety

- Store knives and sharp tools out of sight or in locked drawers.
- Use appliances with auto shut-off (like kettles and toasters).
- Unplug stove or remove knobs if the person cooks unsafely.
- Label cupboards and drawers with words or pictures.
- Keep cleaning products and alcohol in a locked cabinet.

Lighting and walking areas

- Keep walkways free of clutter, cords, and rugs that can slip.
- Use night lights in hallways, bathrooms, and bedrooms.
- Ensure stairs are well-lit and have sturdy handrails.
- Mark steps or uneven flooring with coloured tape.
- Avoid mirrors in some areas—reflections can cause confusion.

Medication safety

- Store medication in a locked cabinet or safe place.
- Use a pill organizer or set up a reminder system.
- Keep track of doses to prevent missed or double doses.
- Ask your health centre if blister packs are available.
- Watch for signs that the person may be taking extra pills by mistake.

Exit safety

- Lock doors that lead outside or to unsafe areas (like the basement).
- Install simple door alarms or chimes if wandering is a concern.
- Post signs on doors (“Bathroom,” “Bedroom,” “Do Not Enter”) to reduce confusion.
- Hide or remove keys if driving is unsafe.
- Let neighbours or local authorities know discreetly if wandering may happen.

Emergency planning

- Keep a list of emergency contacts near the phone and on the fridge.
- Let your local health centre know that the person is living with dementia.
- Prepare a basic emergency kit (flashlight, health cards, medication list).
- Make sure others in the home know what to do in an emergency.
- Post your contact information in case your loved one is found outside confused or lost.