



Age in Place with Dementia

For someone with dementia, living at home in a familiar environment can be ideal. However, it's important to address any safety concerns.



How Dementia Can Affect Us at Home

- **Reduced insight or reasoning:** This can result in engaging in risky behaviors or activities.
- **Diminished awareness of sensory input, such as sight, sound, and touch:** This may prevent individuals from noticing important signals, like smoke alarms, flashing safety lights, or sensations of pain.
- **Decreased communication skills:** Difficulty in understanding and expressing needs can lead to frustration and raise safety concerns.
- **Decreased overall coordination:** This increases the risk of falls.
- **Challenges with new learning:** This includes adapting to changes in home layout or furniture, using assistive devices correctly, or effectively applying fall prevention techniques.



Strategies to Age in Place Safely

- **Home modifications:** Remove clutter and simplify furniture arrangement for clear pathways, add good lighting in walking areas, secure or remove rugs, add color contrast on stairs, floor texture changes, and furniture.
- **Medication review:** Consult with your doctor to review medications that could be causing dizziness or other symptoms and ensure to take medications as prescribed.
- **Regular vision and hearing checks:** Use vision and hearing aids if recommended.
- **Proper footwear:** Wear comfortable and secure shoes that fit well, have non-skid soles, and a proper heel.
- **Exercise and balance training:** Participate in regular exercise to improve stability, strength, and mobility.
- **Supervision and assistance:** Receive assistance with daily tasks, such as getting out of bed, using the bathroom, or taking a shower, if needed, to reduce fall risk. Consider a fall alert device to increase safety response.

By taking these steps, individuals with dementia can continue to enjoy the comfort and security of their homes while receiving the support they need.

For more information on dementia, visit: <https://alzfdn.org/>

