



Bermuda Hospitals Board

Dementia

Home Modification Checklist

Providing a safe home environment for persons living with dementia is essential to their wellbeing. The checklist below can help. In addition, consultation with an occupational therapist for a home safety assessment will give you specific recommendations based on the features of your home. These may include widening doorways, erecting safety rails, etc.

- Lock medicine cabinet
- Clearly label hot and cold faucet knob with picture or bold paint
- Remove small rugs and trip hazards
- Remove furniture with wheels
- Strategically place resting chairs around the house
- Lock access to pool
- Post emergency numbers in bold size
- Install grab bars and hand rails
- Use bold contrasting colours (i.e. bold paint for grab bars, toilet seat, and switches)
- Label cupboards and drawers with pictures of items kept inside
- Strategically place memory picture boards around the house
- Keep living space uncluttered and well lit
- Install night-lights
- Keep bathroom lights on at all times
- Get rid of artificial fruit decorations
- Use automatic shut-off appliances
- Remove door locks in indoor spaces
- Consider virtual monitoring where appropriate
- Lock up hazardous household items
- Install smoke alarms
- Bright colour tapes on the stairs