



Bermuda Hospitals Board

Living at Home with Dementia

Lifestyle modifications will be necessary for persons with dementia who live at home. If the person lives alone, a plan will need to be in place to ensure they are safe. Supervision will likely be necessary as memory loss impacts almost every facet of life. If they cannot live alone, can they live at home with help, or move to a nursing home?

Below are a few safety measures that must be addressed for any person with dementia living at home.



MEDICATION

- Provide help for them to take prescribed medications as they may forget
- Create a plan for medication monitoring and safety
- Increased risk for potentially dangerous side effects from certain medications.
- Discard expired medications and ones that are no longer needed.



COOKING

- Cooking may require help or supervision
- Avoid gas cooking appliances
- Is a fire risk
- Poses risk for burns, cuts and other injuries from cooking appliances and utensils



FALLS

- Dementia can cause significant balance and gait impairments
- Commonly used medications can increase risk of falls and injuries
- Hip fracture can lead to serious complications and sometimes even death
- Use hip protector briefs
- Remove tripping hazards such as electrical and computer cords, slippery rugs, etc.
- Remove clutter
- To help prevent falls those with dementia should have regular physical activity and use assistive devices.

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DRIVING

- The risk of having a car accident is significantly increased in people diagnosed with dementia, especially as the disease progresses.
- Driving should be a discussion between the person with dementia, their family and the physician.
- As the disease progresses, a person living with dementia will reach a point where driving becomes too dangerous.
- Driving represents independence for many people; denial may be a challenge at first.
- Reassess driving safety frequently depending on family or clinician's judgment and local regulation.



DECISION-MAKING

- Those with dementia should be supported in making their own decisions about their finances, care and day-to-day life choices as long as they can.
- Advance care planning and decision-making should be a discussion between the person with dementia, their family and lawyer.