

## Home Safety Concerns

<p><b>Identify the Problem</b></p>	<p><b>PROBLEM:</b> Home Safety Concerns (falls, guns, knives, stoves, leaving the person alone)</p> <p><b>GOAL/EXPECTED OUTCOME:</b> To increase personal and home safety</p>
<p><b>Educate Yourself</b></p>	<p><b>ASSESS FURTHER:</b></p> <ul style="list-style-type: none"> <li>• Has a home safety assessment been conducted?</li> <li>• Is the person ever left alone in the home?</li> <li>• Does the person cook on his/her own?</li> <li>• Does the person bathe on his/her own?</li> <li>• Does the person take medications by him/herself?</li> <li>• Does the person smoke?</li> <li>• Does the person have access to dangerous or hazardous items, such as medications, cleaning products, knives, guns, sharp tools, matches, etc.?</li> <li>• Is there a lot of stuff on the floors that could be tripped over?</li> <li>• Are there grab bars, hand rails, adjusted toilets or beds in the home?</li> <li>• Does the person use assistive equipment, such as a wheelchair, cane, walker, or lift?</li> <li>• Who would the caregiver call if he/she needed help?</li> <li>• What would the caregiver do in an emergency?</li> </ul>
<p><b>Adapt Problem solve with interventions and actions</b></p>	<p><b>TEACH PROBLEM-SOLVING STRATEGIES TO CAREGIVER:</b></p> <p>Prevention and safety-proofing the home is important. The goal is to make the environment safe <i>before</i> an accident happens. Remember: people with Alzheimer's can have compromised judgment and ordinarily "safe" and "normal" household items can become hazards (i.e., knives, appliances, cleaning products, etc.)</p> <ul style="list-style-type: none"> <li>• Consider home adjustments             <ul style="list-style-type: none"> <li>○ Install grab bars by the toilet and in the shower</li> <li>○ Use equipment such as hand rails, ramps, adjusted toilets or beds, wheelchair, cane, walker, and lifts, as needed</li> <li>○ Remove things that can easily break and are not needed</li> <li>○ Provide enough lighting (stairwells and the doorway to the bathroom should be brightly lit day and night)</li> <li>○ Unplug the kitchen disposal</li> <li>○ Inexpensive motion detectors can alert the caregiver when the person enters a room where they should not be or gets out of bed</li> </ul> </li> <li>• Look at the floor             <ul style="list-style-type: none"> <li>○ Remove small rugs, rugs that are thick, or rugs that might slide</li> <li>○ Remove low pieces of furniture that may not be easily seen</li> <li>○ Don't shine or wax floors</li> <li>○ Keep items off of the floor that can be tripped over (cords, books, toys, boxes, etc.)</li> <li>○ Make sure the bathroom and kitchen floors are kept dry and avoid walking on them with wet feet</li> <li>○ Use tables and chairs that are stable enough to lean on</li> </ul> </li> <li>• Remove dangerous items</li> </ul>

	<ul style="list-style-type: none"> <li>○ Keep knives, scissors, guns, sharp tools, matches and lighters (and cigarettes) in a locked area</li> <li>○ Keep all medications (prescriptions, vitamins, aspirin, etc.) locked up</li> <li>○ Razors and nail clippers should be locked up and out of sight</li> <li>○ Move all cleaning supplies to a high shelf or lock them away</li> <li>○ Take off stove/oven knobs; use baby locks to secure items in cabinets</li> <li>○ If total abstinence from smoking is not possible, then watch the person closely when smoking</li> <li>○ Remove potentially toxic indoor plants</li> <li>● Don't leave the person alone. Consider safety risks, such as:             <ul style="list-style-type: none"> <li>○ Stove/oven, running water in the kitchen</li> <li>○ Running water unattended/scolding hot water in the bathroom</li> <li>○ Burning cigarettes, cigars, pipes, candles</li> <li>○ Opened or unlocked doors or gates – risk of wandering/getting lost</li> </ul> </li> </ul>
	<p><b><u>CLINICAL SUPPORT:</u></b></p> <ul style="list-style-type: none"> <li>● If there is any concern about possible safety issues, neglect or harm within the home, follow standard of practice, policies, procedures, and reporting mandates</li> <li>● Refer to PCP for assistive equipment</li> <li>● Refer to PT/OT to ensure correct use of assistive equipment</li> </ul>
	<p><b><u>CAREGIVER SUPPORT AND COMMUNITY RESOURCES:</u></b></p> <ul style="list-style-type: none"> <li>● Listen empathically to caregiver and evaluate for level of distress</li> <li>● Refer to IHSS</li> <li>● Refer to MSSP</li> <li>● Refer to agencies that provide low-cost home modifications</li> <li>● Refer to Alzheimer's Greater Los Angeles for support groups, disease education, and care consultation             <ul style="list-style-type: none"> <li>○ ALZ Direct Connect referral</li> <li>○ Provide 24/7 Helpline #: 844.HELP.ALZ   844.4357.259</li> <li>○ Website: <a href="http://www.alzcla.org">www.alzcla.org</a></li> </ul> </li> <li>● Local Community Resources _____</li> <li>● Send literature:             <ul style="list-style-type: none"> <li>○ Quick Fact Sheet – Keeping Home Safe (English and Spanish)</li> <li>○ Topic Sheet – “Safety at Home”</li> <li>○ Home Safety Assessment</li> </ul> </li> </ul>
	<p><b><u>FOLLOW UP:</u></b></p> <ul style="list-style-type: none"> <li>● Schedule a phone call with caregiver to discuss outcomes and provide additional support</li> </ul>
	<p><b><u>NOTES:</u></b></p> <hr/> <hr/> <hr/> <hr/>