



# Making Home Age- and Dementia Friendly

## IDD and Dementia Fact Sheet #6

Dementia affects vision, walking, and decision-making and makes it more likely that accidents will happen. You can help avoid accidents by:

- Having your family member's eyes checked at least once a year.
- Making sure your family member's shoes fit right and do not have slippery soles.
- Keeping rooms well-lit to avoid falls. As we grow older, our eyes need more light.
- Installing lights with motion sensors and using night lights.
- Putting colored tape on the edges of stairways and installing handrails on both sides.
- Having at least one entrance to the home that doesn't require steps. If you have a ramp installed, make sure it is at least one foot long for each inch in height.
- Removing extension cords and clutter from pathways.
- Getting rid of area rugs.
- Repairing any torn or tattered carpet.
- Keeping chemicals, cleaning products, guns, knives, medicines, and vitamins in safe places.
- Limiting access to tools, grills, and kitchen appliances that may be unsafe.
- Making it hard to get to non-food items that can look like food. For example, detergent pods that are wrapped in foil can look like candy.
- Putting covers on stove knobs.
- Throwing away out of date food.
- Cutting food into bite-sized pieces to avoid choking.
- Disconnecting the garbage disposal.
- Assessing need for equipment like an elevated toilet seat, transfer bench, shower chair, and handheld shower nozzle. Occupational therapists are qualified to do these assessments.
- Installing grab bars in the bathroom.
- Installing a scald guard to keep the water temperature from getting too hot.
- Putting slip-resistant strips or mats in the bathtub or shower.
- Remove small electrical appliances like hair dryers from the bathroom.
- Avoiding furniture with sharp edges.
- Using chairs that are sturdy, have padded armrests, and are the right height.
- Buying a lift chair if it is hard to get out of a chair without help.





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Texas Medicaid Waiver programs (like HCS, CLASS, and STAR+PLUS) and Area Agencies on Aging may be able to pay for minor home modifications, including wheelchair ramps and grab bars. Call 855-937-2372 for more information.

*These fact sheets were created by Dementia Friendly North Central/East Texas. For more information, go to: [Dementia Friendly](#)*

*Resources for people with memory loss and their family caregivers are available at: [Resources](#)*

*Resources include the following fact sheets on IDD and dementia:*

1. *Health and Healthcare*
2. *Dementia Risks, Signs, and Symptoms*
3. *Stages of Dementia*
4. *Planning for the Future*
5. *Getting Help*
6. *Making Home Age- and Dementia Friendly*
7. *Failure-Free Activities*
8. *Responding to Behaviors*

*You can get resource information mailed to you by calling 682-433-0375.*

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**Dementia Friendly North Central/East Texas 800-272-3921**