



Tips on Preventing Falls by Your Loved One with Dementia

To prevent falls and injuries to your loved one with dementia, it is highly important for caregivers to take appropriate safety measures in and around the home as early as possible in the disease process. Since about half of all falls occur in the home, **The National Center for Injury Prevention and Control** recommends several measures to make the home environment safer, including:

- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Remove other items your loved one could trip over, such as papers, books, clothing and shoes from stairs and other places where he/she walks.
- Keep household items that might be a hazard out of sight and reach of your loved one.
- Place grab bars next to the toilet and in the tub or shower.
- Purchase non-slip mats for the bathtub and shower floor.
- Improve the lighting in your home. As your loved one ages and the disease progresses, he/she will need brighter lighting to see well.
- Install handrails and place lights on all staircases.
- Provide your love one with appropriate shoes that offer good support and have thin non-slip soles. Slippers and athletic shoes with deep treads should be avoided.

Experts also recommend that you conduct a thorough assessment of the home to identify any additional hidden hazards not covered above. As noted previously, it is important to eliminate hazards as early as possible rather than putting them off to what might seem like a more convenient time. Loved ones with progressive memory loss can have an accident at any time. **North Woods Village at Edison Lakes** is the area's first single-purpose, residential [memory care assisted living community](#) dedicated to caring for those with Alzheimer's disease, dementia or other memory impairment as well as providing education, support and resources to area caregivers and their families. The unique, purpose-built architectural design of North Woods Village at Edison Lakes is one element of "**New Directions**,"SM the community's signature memory care program that provides the optimal balance of loving care, dignified support, social engagement, wellness and independence.

For more information on **North Woods Village at Edison Lakes** and our **Caregiver Education & Support Calendar**, please [contact us](#) today!

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