STAYING AT HOME LONGER

Changes to consider when staying at home with dementia

Falls prevention

Dementia can affect your balance, gait and spatial perception. It is important you clear your floors in all rooms of rugs and any items/furniture that may cause trips and falls. Stairs are particularly dangerous.

Sensory deprivation

You may find your sight and hearing worsen. Ensure your home has good lighting and get your eyes checked regularly. If you notice you are having to ask people to repeat themselves, it might be time to get your hearing checked.

Misplacing things

Dementia often causes confusion and can lead to putting things in strange places. Labelling cupboards and drawers with their contents can help prevent this. Reading glasses should be attached to a chain or cord. Keys should be placed somewhere obvious (e.g. key rack or bowl near the front door).

Forgetting appointments

Purchasing a senior's clock will help to orientate time, day and date on a clear digital display. Placing a whiteboard in the kitchen with all your chores, appointments and social engagements for the day or week can help you remember what you need to do, where you need to be and at what time.

Bathroom safety

Ensure you have non-slip bathmats in and around the shower. You may need to install grab rails in the shower recess and next to the toilet. A referral to an Occupational Therapist may be needed.

Kitchen safety

Place toxic cleaning products in a locked cupboard. Keep frequently used items such as tea, coffee, and sugar on the bench top. Have water temperature on taps set at a maximum of 50°C. Check use by dates on foods.

Exercise regularly

Exercise within your range of ability and stay active as this has proven to help stave off depression, weight gain, cardiovascular disease, and simply make you feel better.

Stay active and social

Social isolation is detrimental to everyone's health particularly if you have dementia – it could exacerbate your symptoms. Continue visiting friends, going to concerts and playing sports and games for as long as you can. Ask friends and family to support you in pursuing your leisure interests.

At St Luke's Care, our specially trained dementia support team is here for you and your loved one. We have many programs including home care, residential aged care, respite care and social and community programs.

ST LUKE'S CARE

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