



Alzheimer's Safety Solutions Guide

In This Guide:

- What are some safety concerns I need to consider?
- Easy solutions to common challenges.
- Resource guide.



Here for YOU

www.alzTennessee.org
www.facebook.com/AlzTN

Main Office
 5801 Kingston Pike
 Knoxville, TN 37919
Phone: 865.544.6288
 Fax: 865.544.6249
Toll-Free 888.326.9888



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Programs & Services



Caregiver Training for Families and Professionals



Howard Circle of Friends Adult Day Program
Caregiver Academy

- Annual Research Symposium
- Alzheimer's 101 Educational Series
- Autopsy Program
- Caring Hearts Recognition Ceremony
- Advocacy Day on the Hill
- Education & Resource Referrals
- Family Counseling & Care-Planning
- Helping Hands
- Helpline
- Law Enforcement Training
- Professional Training/In-Service
- Speakers Bureau
- Support Groups
- Early Stage Memory Cafe
- Virtual Dementia Tours



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Alzheimer's Disease Safety Concerns

Caring for a loved one with memory loss can be a challenge. Sometimes a person with Alzheimer's disease or dementia may feel confused and frightened. The individual's behavior can affect their own safety as well as the safety of others. By creating a safe environment, you can help the person feel more relaxed and less overwhelmed and keep others in the environment safe as well.

As you assess the environment, try to see things from the perspective of the person with dementia. A person with dementia may not understand expected actions and behaviors. For example, the person may not remember why it is important to dress for the weather, or why it is necessary to turn off appliances when they are not in use.

Rather than trying to restrain the person, you may be more successful and reduce tension by taking preventative actions. Here are some things to consider:

- Keep communication on an adult level. The person was once high functioning and deserves our respect. You may need to simply remove items that could be harmful.
- Be patient. The person with dementia is unable to process thoughts quickly. You will need to slow down to a pace of speaking and movement they can follow.

- Simplify routines. Remember that many accidents happen in the process of performing activities of daily living such as toileting, bathing, dressing, and taking medications.
- Create an emergency plan. Prepare a list of emergency phone numbers and post it near the phone.
- Be realistic about what you can expect of yourself and your loved one. You will never be able to foresee every risk or prevent every problem.

Easy Safety Solutions

You can adapt your home in such a way that all family members can feel safe and comfortable. First, consider your environment in terms of safety areas. Some areas should always be avoided by the person with dementia such as the garage, the basement, and the closets. These are areas where toxic or dangerous items may be stored. We'll refer to these areas as "**Danger Zones.**" Danger zones need to be locked, alarmed, or controlled by wander-prevention devices.

Next, you'll need to have an area where the caregiver can go to be alone. "Burn Out" is a common problem for caregivers who are never able to remove themselves from the caregiver role. So you need a place where you can get away and relax. We'll refer to this area as the "**Respite Zone.**" Your respite zone can be used when someone else is watching the person with dementia.

Finally, you will need to create an area where the person with dementia is free to roam, rummage, and hide things. This area will need to be treated for safety so it is accessible to the person with dementia. We'll refer to this area as the "**Safe Zone.**" Safety precautions will be necessary in this area such as using "child-proof" plug outlets, removing medicines, dangerous tools, appliances, and chemicals. Also remove important documents and valuable or breakable items.

Below are some easy solutions for each of the areas in your home:

The Danger Zone

The danger zone should be out of bounds for the person with dementia. Keep danger zones locked, alarmed, or controlled by wander-prevention devices. You may also try securing a black mat in front of doors to danger zones. The black mat may be perceived by a person with poor depth perception as a hole to be avoided. A secured black mat may also be used in front of exit doors to prevent night time wandering.

The Respite Zone

Your respite zone needs to be a place where you are accessible, but free from unnecessary interruption. You will want to have a phone handy. Instruct your caregiver assistant that you should only be disturbed in case of an emergency.



The Safe Zone

In Stairways, Hallways, Pathways

- Have handrails on both sides of the stairs and keep them tightly fastened.
- Make sure there is good lighting with switches at the top and bottom of stairs.
- Keep areas where you walk tidy.
- Check that all carpets are fixed. Put no-slip strips on tile and wooden floors.
- Don't use throw rugs or small area rugs.

In Bathrooms

- Mount grab bars near toilets and on both the inside and outside of your tub and shower.
- Place non-skid mats, strips, or carpet on all surfaces that may get wet.
- Remember to turn on night lights.

In the Bedroom

- Put night lights and switches close to the bed.
- Keep a telephone near beds.

In Other Living Areas

- Keep electric cords and telephone wires near walls and away from walking paths.
- Tack down all carpets and large area rugs firmly to the floor.
- Arrange your furniture and other objects so they are out of walkways. Do not rearrange furniture unnecessarily.
- Make sure sofas and chairs are the right height for your loved one to get in and out of easily.

- Don't walk on newly washed floors.
- Keep items your loved one uses frequently within easy reach.
- Don't put items out of reach. If the person with dementia should not touch it, remove it from the room.
- Know where your pet is whenever the person with dementia is standing or walking.
- Keep emergency numbers in large print near each telephone.

Local Resources

Most products in this catalog are available at the following local retailers:

Walmart, Target, Sears, Home Depot, Lowe's, and Walgreens

Specialty products have the website listed where they can be purchased. In the back of the catalog there is a complete list of websites for local retailers as well as companies that offer specialized products.

You are encouraged to shop around for the most appropriate product type and price to fit your needs.

This list is not intended to be a complete list of all products and services in your area. Alzheimer's Tennessee, Inc. does not specifically endorse or warranty any of the products in this catalog. The resources are intended only as a sampling of products and services available to assist in safety-proofing your environment.

In Stairways, Hallways, Pathways

- Mark the top and bottom of the stairs with bright yellow tape.
- Install gates at the top and bottom of the stairs.
- Install a handrail on both sides of the stairs (if possible).
- Install handrails on stairs, grab bars in bathrooms and other devices designed for those who need physical assistance.



Extra-Wide Supergate \$50-\$140

This gate fits openings from 22-62" and is an extra-tall 31". It slides together, swings out of the way when not in use, and it can be removed from the mounting brackets so storage is made even easier. It has easy one-handed operation.



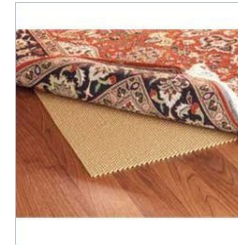
Stair Rail Net Gate \$25

This 10' railnet durable mesh net is weatherproof. Universal size railing ties and screw eyes help keep net securely attached.



Walk-Through Stair Gate \$30-\$35

This gate easily unlocks and swings open. It can be removed from its low-profile mounting hardware when not in use.



No-slip Carpet \$15-\$25

Non-skid carpet pads are available in many shapes, sizes, and colors. Check your local hardware or variety store.



Stair Lift Price Varies

Stair lifts are custom made to fit a stairwell, therefore they vary in price. A trained technician does an assessment to consider factors such as the length and width of your staircase, its rise and tread, lift position (right/left), and outlet requirements.

Available at:

www.acornstairlifts.com

www.bruno.com





Brightly Colored Tape

\$3.50

Brightly colored tape with reflective qualities can help a person with impaired vision to identify steps.



Door Knob Extender

\$30

A door knob extender helps those with disabilities that interfere with grasping to open doors more easily.



Walker Basket

\$25

A walker basket keeps frequently used items within easy reach.

In Bathrooms

- Remove door locks.
- Place a bathmat or adhesive strips in tub and/or shower.
- Consider using adhesive strips or carpeting on the floor.
- Install grab bars in tub and use a bath chair or stool in the tub or shower.
- Install grab bars around the toilet and use raised toilet seats.
- Use a hand-held shower nozzle.
- Install padlocks or childproof latches on cabinets containing medicine, cleaning fluids and other dangerous products.
- Cover the faucet in the tub with a soft material like a sponge to help prevent injury if the patient falls in the tub.
- Color-code faucet handles, red for hot and blue for cold; keep water temperature at 120 degrees to prevent scalding.
- Consider labeling doors to rooms such as “bedroom,” “bathroom,” etc.



Tub Grab Bars

\$20-\$100

Chrome-plated grab bars. 1.5" curled chrome diameter.



Portable Grab Bar

\$50-\$150

Heavy duty plastic construction. Attaches with suction.



Elevated Toilet Seat

\$30-\$120

Seat lift allows for ease of sitting and standing.



Toilet Safety Bar

\$25-\$65

Most safety bars are built to hold up to 250 pounds. Mounting clamps and arm supports are adjustable.



Tush Push Toilet Seat Lift

\$1,000-\$1,700

Allows for ease of standing. Increase independence with this hydraulic lifter. Available at:

www.toiletliftchair.com

www.vitalitymedical.com



Clamp-On Tub Grab Bar

\$20-\$70

Chrome-plated or plastic grab bars. Not recommended for fiberglass tubs.



Tub Bench

\$30-50

A bathtub transfer bench is essential for getting a person with limited mobility in and out of the tub/shower.



Tub Bench

\$20-\$40

A tub/shower bench is essential for the comfort and safety of a senior in the shower or tub.



Hand Held Shower Nozzle

\$10-\$50

A hand held shower nozzle helps people shower more safely in a sitting position.



Inflatable Sink

\$10-\$40

An inflatable sink can help with bathing or washing the hair comfortably without the risk of bathing in a tub or shower.





Non-Slip Bath Mat

\$10-\$35

Non-skid bath mat helps prevent falls in the shower and bath.



Toilet Safety Grab Bar Pole Rail

\$100-\$150

Space saving support rail that allows the user to easily rise from a sitting position by providing 4 hand grips at 4 different heights and can also be locked flat against the wall when the bar is not in use.



Walk-In Tub

\$2,000-\$5,000

Walk-in tubs are designed to allow people with limited mobility to bathe in comfort.



No-Rinse Bath Products

\$5-\$15

No-rinse bathing product allow for good hygiene when a person is unable to bathe in the shower or tub.



Adhesive Floor Strips

\$30-\$150

Non-skid floor strips can be used in bathrooms, at entryways, or any place poor traction can be a problem.



Padlocks

\$4 and up

Use padlocks to store medicine, cleaning fluids, and other potentially hazardous items.



Child-proof Latches

\$3-\$30

Use child-proof latches to store medicine, cleaning fluids, and other potentially hazardous items.



Faucet Sponge Covering

\$15-\$50

Faucet covers can control the flow of water and have a spongy/rubbery surface to deflect injury from falls.



Color-coded Faucet Handles

\$10-\$100

Color-coded faucet handles can help avoid injury from hot water temperature.





Door Labels/Signs

\$10-\$35

Colorful and creative door signs can be hand-made or purchased for ease of identifying the purpose of rooms.

www.mydoorsign.com



Shower Assist Chair

\$300 and up

A shower assist chair can help eliminate fear of falling and agitation at shower time.



Reaching Aid

\$15-\$25

These easy-to-use reachers help users grasp items from hard-to-reach places.



Night Lights

\$5-\$40

Night lights help illuminate the way to avoid falls at night.

In the Bedroom

- Keep important and emergency phone numbers handy.
- Ensure adequate lighting throughout the home; install night lights.
- Keep entryways, halls and floors free of clutter, extension cords and scatter rugs; avoid placing furniture in walking areas.
- Arrange furniture, remove clutter and make sure floors have good traction so the person can move around easily.
- Remove or firmly tape down any scatter rugs, area rugs or moveable carpets.
- Purchase rubber-soled shoes or slippers for your loved one to avoid falls.
- Keep a working flashlight by your bed.
- Use nightlights, especially so the person can find the bathroom.
- Consider labeling doors to rooms such as “bedroom,” “bathroom,” etc.
- If person hallucinates or is bothered by his or her reflection, cover or remove mirrors.
- Use bed rails or place a comforter or pillows on the floor around the patient's bed.
- Ensure that fan slats are small enough to keep fingers out; use fans with plastic blades.



Reaching Aid

\$15-\$25

These easy-to-use reachers help users grasp items from hard-to-reach places.



Motion Sensor

\$15-\$300

Know where your loved one is at all times and ensure their safety. Some motion Sensors include a built-in camera.



Under Mattress Pressure Pad

\$25-\$150

Pressure pads maintain variable pressure to help prevent bed sores.



Motion Sensor Trash Can

\$50-\$100

Motion Sensor Trash Can will prevent you from having to touch your trash can lid.



Night Light

\$5-\$25

Be sure the walking path is always lit. Some night lights have motion sensors.



Lighted Safety Cane

\$30

Ensure your walking path is always lit with this lighted safety cane.



Fire Extinguisher

\$20-\$140

Protect your loved one and your home. Ask your sales consultant what kind of fire extinguisher is right for you.



Smoke Alarm

\$15-\$40

Protect your loved one and your home. Don't forget to check batteries in your smoke alarm frequently.



Carbon Monoxide Detector

\$5-\$40

Protect your loved one and your home. Don't forget to check batteries in your carbon monoxide detector frequently.



Adjustable Bed

\$1,000-\$4,000

Changing positions frequently can help prevent bed sores. Often, the patient's doctor will order a hospital bed and insurance covers the cost.





Wander Guard

\$30-\$300

Wander alarm alerts you when your loved one leaves an area, leaving you free to move around the home.

Available at:
www.stanleyhealthcare.com



Lap Buddy with Alarm

\$100

This soft lap cushion helps prevent falls by preventing your loved one from unexpectedly leaving their wheelchair.

Available at: www.alimed.com



Fall Mat

\$75-\$150

Bedside fall mat has energy absorbing foam that protects your loved one from falls injury.



Bed Guard

\$75-\$95

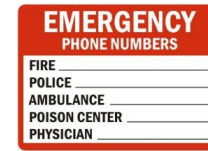
Helps you and your loved one sleep safely and securely.



Door Labels/Signs

\$10-\$35

Colorful and creative door signs can be hand-made or purchased for ease of identifying the purpose of rooms.



Emergency Phone Numbers

\$10-\$30

Protect your loved one and your home. Post emergency phone numbers where they are easy to see.



Lamp Controller w/Safety Light

\$18

Be sure there is adequate lighting at bedtime and throughout the night to help avoid falls.



Night Lights

\$5-\$40

Night lights help illuminate the way to avoid falls at night.



Secure Rugs

\$5-\$100

Secure all area rugs to help avoid falls.





Rubber Soled Slippers

\$10 and up

Rubber-soled slippers improve traction on wood, ceramic, marble, and linoleum floors.



Rechargeable Flashlight

\$15-\$85

An easily accessible source of light in case of power outage.



Fan with Plastic Blades and Fan Guard

\$10 and up

Avoid accidental injury by using fans with plastic blades.



Bed Rails

\$25 and up

Helps you and your loved one sleep safely and securely.

In the Kitchen

- Remove knobs from the stove, or install an automatic shutoff switch.
- Use a padlock or childproof latches on cabinets that contain cleaning supplies or other hazardous materials.
- Lock up knives, scissors and other potentially dangerous utensils.
- Keep a fire extinguisher in the kitchen.
- Keep handles of pots and pans facing towards the back of the stove.
- Place emergency numbers on the refrigerator.
- Remove area rugs in front of sink or under the table.
- Remove or secure small objects (e.g., matches and paper clips) and objects that appear edible that may be mistakenly eaten.



Stove Knob Covers

\$2-\$10

Clear stove knob covers are designed to prevent accidents by prohibiting your loved one from turning the knobs.



Drawer Safety Latch

\$5-\$25

Allow free movement in the home and safely store toxic chemicals and valuables by preventing your loved one from reaching them.





Automatic Faucet Control

\$10-\$400

Avoid scalding and water waste with an automatic faucet control.



Offset Spork

\$20-\$40

For ease of side feeding and fewer spills, try offset silverware.



Hi-Lo Dish

\$20-\$30

Designed to assist eaters with limited control to easily push foods onto their silverware without spilling.



Compartment Scoop Dish

\$20-\$30

Ideal for self-feeders with limited control. Allows for pushing food onto silverware without spilling.



Transparent Mug with Spout and Two Handles

\$2-\$95

The Transparent Mug makes drinking easier for adults who lack upper extremity strength and coordination.



Weighted Utensils

\$10-\$40

Weighted utensils help stabilize movement for those who experience tremors of the hands.



Nosey Cutout Tumbler

\$10-\$20

A special cutout helps maintain proper head and neck positioning when swallowing.



Drink Holder

\$10-\$40

Prevent spills and increase independence and convenience with a drink holder. It fits right onto a wheelchair. Available at: www.pattersonmedical.com



Food Guard

\$5-\$25

Fits snugly onto the plate to help people with limited mobility push food onto their utensil without spilling.

Available at: www.pattersonmedical.com



Fire Extinguisher

\$20-\$140

Protect your loved one and your home. Ask your sales consultant what kind of fire extinguisher is right for you.



Smoke Alarm

\$15-\$40

Protect your loved one and your home. Don't forget to check batteries in your smoke alarm frequently.



Carbon Monoxide Detector

\$5-\$40

Protect your loved one and your home. Don't forget to check batteries in your carbon monoxide detector frequently.



Stove Top Fire Fighter

\$50

Attaches to the vent over the stove. If a fire starts on the burner, the device activates, dumping bicarbonate of soda on the flames. Available at: www.stovetopfirestop.com



Stove Auto Shut-Off with Pre-Programmed Timer

\$40 and up

Stove shut-off timer reduces likelihood of fire or burns when the stove is accidentally left on. Available at: www.thiscaringhome.org



Emergency Phone Numbers

\$10-\$30

Protect your loved one and your home. Post emergency phone numbers where they are easy to see.



Secure Rugs

\$5-\$100

Secure all area rugs to help avoid falls.



Child-Proof Locks

\$1-\$75

Use child-proof locks to store knives, medications, and cleaning supplies safely.



In Other Living Areas

- Arrange furniture, remove clutter and make sure floors have good traction so the person can move around easily.
- Remove or firmly tape down any scatter rugs, area rugs or moveable carpets.
- Ensure that fan slats are small enough to keep fingers out; use fans with plastic blades.



Big Lamp Switch
\$10

This three-lobed knob replaces knobs that can be troublesome for those with arthritis or other limitations.



Outlet Safety Plugs
\$2-\$5

Prevent electrical accidents by covering outlets not in use.



Video Monitor
\$75-\$200

Be aware of your loved one's needs at all times without limiting your own freedom of movement around the home.



Memory Button Phone
\$15-\$150

Increase independence using a memory button phone with pictures of frequently called people.



Door Murals
\$30-\$40

An inexpensive way to camouflage doors to prevent wandering.

Available at:
www.designyourwall.com
www.swdecorating.com



Thermostat Guard
\$10-\$20

Prevent accidental tampering with a thermostat guard. Save money on electricity and ensure that the environment is comfortable for your loved on in your absence.



Wireless Door Alarm w/Flasher
\$20-\$130

Plays a loud chime and displays a flashing light when someone is at the door. Ideal for those hard of hearing and to prevent outdoor wandering.

Available at: www.rehabmart.com



Secure Rugs

\$5-\$100

Secure all area rugs to help avoid falls.



Fan with Plastic Blades and Fan Guard

\$10 and up

Avoid accidental injury by using fans with plastic blades.



Balcony Railing

Varies

Use decorative railing to avoid accident and injury on balconies.



First Aid Kit

\$20 and up

Always have a fully stocked first aid kit handy in case of injury.



Armed Chairs

Varies

Use armed chairs for leverage and falls reduction.



Corner Guards

\$4-\$20

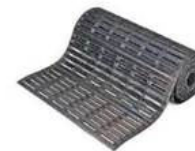
Use corner guards to make corners more visible and help prevent injury.



Clearly Marked Trash Cans

\$4-\$20

Mark trash cans clearly to avoid accident and injury.



Tread on Walkways

\$10 and up

Use tread on walkways to improve traction and reduce falls.

Medication Management

- Use childproof locks for toxic substances, medications and alcohol.
- Lock up over-the-counter medicines, alcohol, prescription medicines and cleaning fluids.



Automatic Monitored Medication Dispenser

\$850-\$1,000

Visual and audio reminders followed by personal call/text/email reminders if pills aren't taken.

www.managemypills.com



Automatic Pill Dispenser

\$150-\$300

Helps to ensure that medications are taken correctly and on time.

www.epill.com



Medication Reminder

\$100

A timer sounds when it is time to take your medication and displays the last time the bottle was opened.

www.epill.com



Medication Reminder

\$40

Talking medication reminder tells you when it is time to take your medication. It may continue talking until the medication is taken. www.epill.com



Pill Dispenser

\$5-\$75

Keep medication on a visual schedule. Some pill dispensers are locked.



Child-Proof Locks

\$1-\$75

Keep medication out of reach and locked for safety.

Fire Safety

- Purchase a fire extinguisher and smoke detectors for each level of the home (including the basement).
- Put a smoke detector in the patient's bedroom.
- Determine a fire emergency exit route and practice using it.
- Post the fire department emergency number in a prominent place.
- Keep hot water temperature below 120 degrees.
- Keep lighters and matches locked up.
- Avoid the use of portable heaters.
- Guard radiators.
- Avoid running electrical cords in open spaces where the patient can reach them.
- Place childproof covers over plugs.
- Ensure that smoke detectors are in working order.



Fire Extinguisher

\$20-\$140

Protect your loved one and your home. Ask your sales consultant what kind of fire extinguisher is right for you.



Rechargeable Flashlight

\$15-\$85

An easily accessible source of light in case of power outage.



Stove Top Fire Fighter

\$50

Attaches to the vent over the stove. If a fire starts on the burner, the device activates, dumping bicarbonate of soda on the flames.



Smoke Alarm

\$15-\$40

Protect your loved one and your home. Don't forget to check batteries in your smoke alarm frequently.



Carbon Monoxide Detector

\$5-\$40

Protect your loved one and your home. Don't forget to check batteries in your carbon monoxide detector frequently.



Fire Emergency Exit Route Sign

\$1-\$20

Get creative by making your own emergency exit route sign or buy one to make sure everyone in the family knows the plan for emergency exit.



Emergency Phone Numbers

\$10-\$30

Protect your loved one and your home. Post emergency phone numbers where they are easy to see.



Radiator Guard

\$20 and up

Protect your loved one and your home from fire and injury with a radiator guard.



Outlet Safety Plugs

\$2-\$10

Prevent electrical accidents by covering outlets not in use.

Wandering/Monitoring

- Use loose fitting covers on doorknobs, but only when caregiver is present.
- Install locks high on the doors that are out of the reach, or locks that can only be opened with a key. Secure locks on the opposite side of door so they cannot be unscrewed.
- Use double locks or two-step locks.
- Use alarm mats in front of doors, install portable alarms on doors or put bells on exit doors.
- Disguise doors by painting them the same color as walls and hanging scenic pictures on them.
- Disarm automatic garage door opener.
- Install locks on windows or devices that limit the distance they can be opened.
- Give a key to a neighbor or hide one outside.
- Get a medical identification bracelet for the person with Alzheimer's disease to notify rescuers, local police, medical staff and others of the patient's condition in the event of an emergency.
- Notify neighbors, local merchants and police about potential wandering.
- Keep medical records on hand at all times.
- Keep a recent photo and video of the person handy.



Black Rug

\$1-\$40

A well-secured black rug in front of an exit door may sometimes appear to be a hole to someone with dementia and help prevent them from wandering out.



Motion Sensor

\$15-\$1,500+

Know where your loved one is at all times and ensure their safety. Some motion sensors include a built-in camera.



Vibration Activated Door Alarm

\$20-\$40

This door alarm will alert you when someone is at the door.



Identification Bracelet

\$15-\$150

Always be sure your loved one can be identified and returned to you in case of wandering with an identification bracelet.



Walk-Through Stair Gate

\$30-\$35

This gate easily unlocks and swings open. It can be removed from its low-profile mounting hardware when not in use.



Extra-Wide Supergate

\$50-\$140

This gate slides together, swings out of the way when not in use, and it can be removed from the mounting brackets so storage is made even easier. It has easy one-handed operation.



Stair Rail Net Gate

\$25

This 10' railnet made of durable mesh net is waterproof. Universal sized railing ties and screw eyes help keep net securely attached.



Wander Alarm

\$25

When someone wanders within 15' of the detector, the alarm sounds alerting you. But the transmitter does not sound, so the patient won't be alarmed.





Door and Window Alarms

\$15-\$150

Door and window alarms help prevent unwanted movement in or out of the home.



Door Stop Alarm

\$10-\$20

This door stop alarm alerts you when your door is being opened.



Car Battery Cut-Off Switch

\$10-\$60

Prevent tampering or unwanted driving with a car battery cut-off switch. It disables the battery. Some also disconnect the ignition coil and short out the alternator output. Available at most auto parts stores.



Electronic Lock

\$35-\$135

Prevent wandering with an electronic door lock.



Door Knob Cover

\$4 and up

Prevent easy exit with a loose-fitting door knob cover.



Lock High on the Door

\$9 and up

Secure exit doors by adding a lock out of easy reach.



Double Lock

\$10 and up

Deter outdoor wandering with double locks on exit doors.



Wander Alarm Mat

\$80 and up

Alarm mats alert you when your loved one leaves a safe area. Available at:

www.easierliving.com

www.smartcaregiver.com





Bells on the Door
\$1 and up

Hang bells on exit doors to alert you when your loved one is leaving.



Door Murals
\$30-\$40

An inexpensive way to camouflage doors to prevent wandering.



Key Hider
\$1 and up

Hide a key outdoors to prevent being locked out. Tell a trusted neighbor where the key is hidden in case of an emergency.



Medical Record
\$0-\$25

Keep complete medical records on hand in an old photo album in case of emergency.

Clothing

- Label clothing with the person's address and phone number to aid in identification in case he/she gets lost.



Spirolaces
\$10-\$15

Spirolaces helps to tighten shoes without tying.



Velcro Closing Shoes
\$15-\$150

Shoes of all styles and sizes now come with Velcro closing.



Open-Back Dresses
\$40-\$85

A full line of styles and sizes at Silvert's Adaptive Clothing.

www.silverts.com



Open Back Snap Shirt

\$40-\$50

A full line of styles and sizes at Silvert's Adaptive Clothing.



Open-Back or Velcro Pants

\$40-\$50

A full line of styles and sizes at Silvert's Adaptive Clothing.



Snap Open Back T-Shirt

\$15-\$30

A full line of styles and sizes at Silvert's Adaptive Clothing.



Velcro Button Aids

\$5-\$10

Increase independence by assisting with buttons for those who have limited mobility or tremors.



Fall Safety Garments

\$230

A full line of styles and sizes at Silvert's Adaptive Clothing.



Non-skid Socks

\$2-\$5

Reduce the risk of falls by using non-skid socks.



Wheelchair Friendly Poncho

\$15-\$50

A poncho that keeps you warm without limited the use of your hands.



Open-Side Pants

\$40-\$85

A full line of styles and sizes at Silvert's Adaptive Clothing.





Sock Aid

\$10-\$40

A sock aid makes putting on socks less challenging when bending and pulling are difficult..

PERSONALIZED IRON-ON LABELS

Woven Clothing Labels Design Guide
Commonly Used Fonts

Arial Arial Black	Abadi Condensed Lt Abadi Condense
Book Antigua <i>Bookman Italics</i>	Bradley Hand It <i>COE Placere</i>

Clothing Labels

\$10-\$40

Use iron-on clothing labels with your loved one's name and address in case he or she gets lost. Available at:

www.namemakers.com

www.clothinglabels4u.com



GPS Shoes

\$299, plus monthly monitoring fee

The system uses a "geo-fence," allowing the shoe's wearer to move at will. But once that line has been crossed, you get a computer or email alert and a Google maps update of the shoes' location.

Available at:

www.gpsshoe.com

www.aetrex.com



Lifelines

- Keep medical records on hand at all times.
- Keep a recent photo and video of the person handy.



Alert System with Voice Intercom

\$25-\$45

Allows you to be alerted that your loved one needs assistance when you are in another area of your home.



Security Monitored Alert System

\$15-\$45 per month

Have help on the way immediately when the need arises.

Available at:

www.smarthome.com www.adt.com



Wireless Emergency Pendant

\$30-\$130

Wireless pendant allows for movement away from the monitor while ensuring that help is available if needed.



Medical Record

\$0-\$25

Keep complete medical records on hand in an old photo album in case of emergency.

Miscellaneous Products

General Precautions

- Secure locks on windows and doors; keep a spare key hidden outside the home or give one to a nearby friend or neighbor.
- Remove and safely store potential hazards such as weapons, plastic bags and power tools.
- Protect computers and information stored on them.

Outside the Home

- Ensure steps are sturdy; consider installing treads for more traction, or possibly building a ramp.
- Mark the edges of steps and walkways with bright tape.
- Remove uneven surfaces.
- Ensure adequate outdoor lighting.
- Prune bushes and trees away from walkways and entryways.

Personal safety (especially for those who may wander)

- Hide car keys and, if necessary, disconnect the car battery so the person cannot drive.
- Do not leave the person alone in a parked car.
- Ensure that fan slats are small enough to keep fingers out; use fans with plastic blades.



Voice Recording Picture Frame

\$10-\$30

Allows for enjoyment of family photos for those with seeing impairment.



Ramp

\$150 and up

Using a ramp can help prevent falls and injury.



Large Print Clock

\$5-\$50

Increase independence with a large print clock for those whose eyesight is impaired.



Projector Clock

\$15-\$150

Help prevent accidents from getting out of a chair or bed with this clock that projects the time onto the ceiling.



Light Switch Guard

\$1 and up

Light switch guards can help save on electricity and allow you to adjust lighting as needed.



Door Knob Turner

\$3-\$35

Makes turning door handles easier for those with limited mobility.



Outdoor Key Safe

\$5-\$25

Don't get locked out of your home again. Store an extra key in a safe place outside the home.



Electronic Lock

Prevent wandering with an electronic door lock.





Latch Lock

\$5 and up

Latch hook locks can help prevent unwanted wandering.



Walker

\$30-\$130

Increase independence as you increase mobility. Walkers come in a variety of styles, manual and electric, with various features.



Wheelchair

\$50-\$3,000

Increase independence as you increase mobility. Wheelchairs come in a variety of styles, manual and electric, with various features.



Computer for Homebound Seniors

CHIPS provides donated computers to seniors who are isolated by illness or by their role as a full-time caregiver of a homebound senior.

www.knoxseniors.org



Fan with Plastic Blades and Fan Guard

\$10 and up

Avoid accidental injury by using fans with plastic blades.



Brightly Colored Tape on Steps and Walkways

\$3.50

Brightly colored tape with reflective qualities can help a person with impaired vision to identify steps.



Outdoor Lighting

\$15 and up

Illuminate steps and walkways to help prevent falls.



Step Treads

\$5 and up

Step treads help reduce falls by improving traction.





Window Locks

\$1 and up

Secure windows with window locks to avoid accidents and wandering.

For online product information:

www.amazon.com

www.activeforever.com

www.maxiaids.com

www.thiscaringhome.com

www.shop.alzstore.com

www.medicalproductsdirect.com

www.parentgiving.com

www.alzheimers-products.com

www.elderstore.com

www.fallsafetywear.com

www.projectlifesaver.org

www.lambertshc.com

www.ladiesofcharityknox.org

www.longsrx.com



For online product information:

www.pharmhd.com (Pharmacy Home Delivery)

www.lowes.com

www.homedepot.com

www.silverts.com (Specialty clothing)

www.sears.com

www.walmart.com

www.kmart.com

www.target.com

www.belewdrugs.com

www.walgreens.com

www.cvs.com

www.pparx.org (Partnership for Prescription Assistance)

www.smartcaregiver.com

www.easierliving.com

www.meddirectsolutions.com



www.alzTennessee.org

www.facebook.com/AlzTN

www.facebook.com/AlzTNCumberlands

Main Office

5801 Kingston Pike
Knoxville, TN 37919

Phone: 865.544.6288

Fax: 865.544.6249

The Cumberland Office

1459 Interstate Dr., Ste 211
Cookeville, TN 38501

Phone: 931.526.8010

Fax: 931.526.8011

Statewide Toll-Free 888.326.9888





Our Mission: To serve those facing Alzheimer's disease and related dementias, to promote brain health through education, and to champion global prevention and treatment efforts.

Here for YOU

Alzheimer's Tennessee Inc., is the only local 501(c)3 not for profit organization that has been HERE for families facing Alzheimer's since 1983.

100% of funds benefit Tennesseans facing Alzheimer's disease and related dementias by providing help and hope through care consultations, education, support groups, research and more.

We are ALL affected by Alzheimer's disease.

How YOU Can Help

WALK! Take steps to Stop Alzheimer's with friends, family, and colleagues at one of six regional WALKs.

DONATE! Your contribution to the cause is key: make a general donation, donate in support of a WALKer, make your donation a tribute or memorial to honor a friend or family member.

VOLUNTEER! Volunteers who offer office support, help with community outreach, assist with support groups, and serve on committees are essential to our mission.

