



www.alzTennessee.org

Make Alzheimer's a Memory Alzheimer's Safety Solutions Guide

In This Guide:

- What are some safety concerns I may need to consider?
- Solution suggestions for common challenges
- Resource guide



Here for YOU

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Programs & Services



Caregiver Training for Families and Professionals



Howard Circle of Friends Adult Day Program

Annual Research Symposium
Alzheimer's 101 Educational Series
Caregiver Academy
Live Well Academy
Caring Hearts Recognition Ceremony
Advocacy Day on the Hill
Education & Resource Referrals
Family Counseling & Care-Planning
Helping Hands for Faith Communities
24/7 Helpline 1-800-259-4283
Law Enforcement Training
Professional Training/In-Service
Speakers Bureau
Caregiver Support Groups
Early Stage Memory Café support group
Virtual Dementia Tours



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Safety Concerns

Caring for a loved one with a cognitive impairment will have its challenges. A loved one with memory loss may feel confused and frightened in their own home environment. An individual with aphasia may be unable to verbally express wants, needs, or discomforts. A person with balance and gait difficulties may need assistive devices to lessen unsteadiness and decrease the chance of falls.

As the caregiver, you can create a safer environment for your loved one, and by doing so, you can help your loved one feel more relaxed and less overwhelmed. The first step is to take an objective look at your loved one's environment. As you assess the environment, try to see things from the perspective of the person with the diagnosis.

A person with dementia may not be able to understand the importance of certain actions or be able to respond to environmental cues for behavior, as they once could. For example, your loved one may not remember why it is important to dress appropriately for the weather, or why it is important to turn off appliances when they are not in use.

Taking preventative actions and introducing assistive devices may reduce the level of frustration for your loved one and decrease the level of anxiety for you, the caregiver.



Communication

- Keep communication on an adult level. The person you are speaking to should be treated with respect and dignity.
- 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 that they can follow.
- Simplify routines. 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.
- Remove any items from the home environment that could be harmful.
- 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.



Solution Suggestions for Common Challenges

Adaptations can be made to the home environment to help all family members feel safe and comfortable.

First, consider your environment in terms of safety areas. Some areas may need to be avoided by the person with the diagnosis, such as places where toxic or dangerous items are stored. These could be basement areas, the garage, or even a closet. We will refer to these areas as “**Danger Zones**.” Danger zones need to be locked, alarmed, or controlled by wander-prevention devices. You may also try securing a black mat in front of the door to danger zones. The black mat may be perceived as a hole to be avoided. A secured black mat may also be helpful in front of exit doors to prevent night time wandering.

Another area to identify is a place where the caregiver can go to be alone. “Burn Out” is a common problem for caregivers. It is often more pronounced when the caregiver is unable to remove themselves from the caregiver role. Look for a place where you can get away and relax. This could be a comfortable spot on the porch, or a guest bedroom. We will refer to this area as the “**Respite Zone**.” Your respite zone can be used when someone else is watching the person with dementia. 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 the caregiver assisting you that you should only be disturbed in case of emergency.



Finally, you will need to create an area where the person with the diagnosis is free to roam, rummage, rearrange and hide things. We will refer to this area as the “Safe Zone.” Evaluate the area for any safety concerns so that this area can be available for your loved one. You will want to remove any medications, dangerous tools, appliances, and chemicals from the area. Also remove any important documents and valuable or breakable objects. Cover any outlets with safety plugs, and remove any rugs or other tripping hazards.



The Safe Zone

In Stairways, Hallways, Pathways

- Have handrails on both sides of the stairs, if possible, and keep them tightly fastened.
- Make sure the stairs are well lit, with switches at the top and bottom of stairs.
- Keep walkway areas tidy and free of tripping hazards.
- 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 even carpet on all surfaces that may get wet for extra traction.
- Turn on night lights.

In the Bedroom

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

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.



- 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(s) are 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 local retailers like Target, Walmart, Home Depot, Lowe's, Sears, CVS and Walgreens.

Specialty products have the website listed where they are available for purchase. In the back of the catalog there is a list of websites for both local retailers and specialty retailers.

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



In Stairways, Hallways, Pathways

- Mark the top and bottom of the stairs with bright neon 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.
 - Consider labeling doors with signs (Bathroom)
-



Extra-Wide Super Gate

\$50 and up

This gate is 31" tall and fits openings up to 62" wide. It slides together, and swings out of the way when not in use. It can be removed from the mounting brackets for easy storage. It has easy one-handed operation.



Stair Rail Net

\$25

This 10' durable mesh net for stair railings has universal sized railing ties and screw eyes to help keep the 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.



Non-slip Carpet Pads

\$15 and up

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



Stair Lifts

Prices Vary

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.





Brightly Colored Reflective Tape

\$3.50

Brightly colored tape with reflective qualities can help a person with impaired vision to identify steps. Some research suggests neon green is most easily visible.

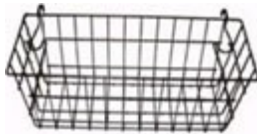


Door Knob Extender

\$15

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

www.4MDMedical.com
www.amazon.com



Walker Basket

\$15-\$25

A walker basket keeps frequently used items within easy reach.



In Bathrooms

- Remove door locks.
- Place a bathmat, or adhesive no-slip strips, in the tub and/or shower.
- Consider using adhesive no-slip strips or carpeting on the floor to increase traction.
- Install padlocks or childproof latches on cabinets containing medicine, cleaning fluids and other dangerous products.
- Install secure grab bars around the toilet and use an elevated toilet seat or a free standing bed-side commode (with the bed pan removed) placed over the toilet.
- Install grab bars in tub and use a bath chair or stool in the tub or shower.
- Use a hand-held shower nozzle.
- Cover the faucet in the tub with a soft spongy material to help prevent injury if the patient falls in the tub.
- Color-code faucet handles (red for hot and blue for cold) and keep water temperature at or below 120 degrees to prevent scalding.
- Consider labeling doors to rooms such as “bedroom,” “bathroom,” etc.





Tub Grab Bars

\$20-\$100

Available in a variety of finishes.



Portable Grab Bar

\$20-\$175

Heavy duty plastic construction.

Attaches with suction.

Not recommended for fiberglass showers or tubs.



Elevated Toilet Seat

\$30-\$120

The elevated seat allows for ease of sitting and standing.



Toilet Safety Bars

\$25-\$65

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



Toilet Seat Lift

\$875-\$2,000

Allows for ease of standing. Increase independence with a hydraulic lifter.

Available at:

www.discovermymobility.com

www.medmartonline.com

www.vitalitymedical.com





Clamp-On Tub Grab Bar

\$20-\$70

Coated metal or plastic grab bars. Can support up to 300 lbs. *Not recommended for fiberglass tubs.*



Bathtub Transfer Bench

\$30-\$130

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

\$20-\$50

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



Inflatable Sink

\$20-\$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

A non-slip, non-skid bath mat helps prevent falls in the shower and bath.



Toilet Safety Grab Rail

\$75-\$150

The toilet support rail allows the user to rise from a seated position.



Walk-In Tub

\$2,000-\$5,000

Walk-in tubs are designed to allow people with limited mobility to enter and exit the bath safely and to bathe in comfort.



No-Rinse Bath Products

\$2-\$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

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 safely.



Child-proof Latches

\$6-\$30

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



Faucet Sponge Covering

\$12-\$35

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



Bathroom Assist Chair

\$65 and up

A bathroom assist chair can help reduce fear of falling and agitation in the bathroom.



Reaching Aid

\$6-\$25

These easy-to-use assistance devices help users grasp items from hard-to-reach places. Some come with a magnetic tip.



Night Lights

\$5-\$40

Night lights help illuminate walkways to avoid falls at night.



Bedside Commode

\$35 and up

Used in a bedroom if traveling to the bathroom is difficult. It can also give extra stability in the bathroom when placed over the toilet with the pan removed.



In the Bedroom

- Keep important and emergency phone numbers accessible.
- Ensure adequate lighting throughout the home; install night lights.
- Keep entryways, hallways, and floors free of clutter, extension cords and scatter rugs; avoid placing furniture in walking path areas.
- Make sure floors have good traction, so every member of the family can move around easily. Remove or firmly tape down any scatter rugs, area rugs or moveable carpets.
- Rubber-soled shoes/slippers can help avoid falls.
- Keep a working flashlight by the bed.
- Use nightlights to light the path to the bathroom.
- Consider labeling doors to rooms such as “bedroom,” “bathroom,” etc.
- If the person hallucinates or is bothered by his or her reflection, cover or remove mirrors.
- The shadows cast on the wall or ceiling by nightlights and lamps, can be difficult for the person with dementia to interpret as shadows. If your loved one appears fearful of shadows, adjust by using overhead lighting.
- Use bed rails, if needed, around the patient's bed.
- Ensure that fan slats on portable fans are small enough to keep fingers out; use fans with plastic blades.





Reaching Aid

\$6-\$25

These easy-to-use assistive devices help users grasp items from hard-to-reach places. Some come with a magnetic tip.



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

\$75 and up

Pressure pads maintain variable pressure to help prevent bed sores.



Under Mattress or Under Chair Sensor Pad

\$ 50 and up

The sensor alerts the caregiver when their loved one has left their bed or chair unassisted.

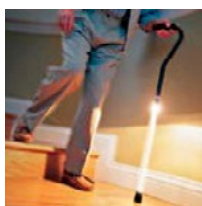


Motion Sensor Trash Can

\$30-\$100

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





Lighted Safety Cane

\$25

Ensure your walking path is always lit with a 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 Hospital Bed

\$1,000-\$4,000 *

Changing positions frequently can help prevent bed sores. ***The cost is often covered by insurance or medicare**





Wander Guard

\$30-\$300

Wander alarm alerts you when your loved one leaves an area.

www.stanleyhealthcare.com



Lap Buddy with Alarm

\$140-\$185

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

www.alimed.com



Bedside Fall Mat

\$125-\$175

A bedside fall mat has energy absorbing foam that may protect your loved one from injury during a fall.

www.4MDmedical.com
www.uniquemedsupply.com



Bed Guard

\$75-\$125

Helps you and your loved one sleep safely and securely.

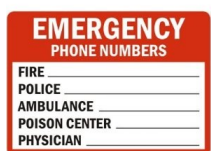




Door Labels/Signs

\$10-\$35

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.



Remote Control Outlet for Lamps

\$12 and up

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. Some nightlights have motion sensors.



Non-Slip Rug Pad or Rug Tape

\$15 and up

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





Rubber Soled Shoes and Slippers

\$15 and up

Rubber-soled shoes and slippers improve traction on wood, ceramic, stone, 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, a secure fan guard, and small enough slats to keep fingers out of danger.



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.
- When you are cooking, keep handles of pots and pans facing towards the back of the stove.
- Post a list of emergency numbers by the phone.
- Remove area rugs from under the table and from in front of the sink.
- Remove or secure small objects (e.g., matches and paper clips) and objects that appear edible that may be mistakenly eaten.



Stove Knob Covers

\$7-\$60

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

\$15-\$500

Avoid scalding water and water waste with an automatic faucet control.



Offset Spork

\$8-\$40

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



Hi-Lo Dish

\$6-\$30

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



Compartment Scoop Dish

\$9-\$45

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



Transparent Mug with Spout and Two Handles

\$5-\$100

Makes drinking easier for adults who lack upper extremity strength and coordination.

Available at: www.rehab-store.com
www.healthproductsforyou.com





Weighted Utensils

\$10-\$40

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



Nosey Cutout Tumbler

\$6-\$20

A special cutout helps maintain proper head and neck positioning when swallowing, making drinking easier.

www.rehab-store.com

www.healthproductsforyou.com



Drink Holder

\$10-\$40

Prevent spills and increase independence and convenience with a wheelchair compatible drink holder.

www.performancehealth.com



Food Guard

\$5-\$25

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

www.performancehealth.com

www.especialneeds.com





Fire Extinguisher

\$20-\$140

Protect your loved one and your home. Ask the 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 Stop

\$50

Attaches to the rangehood/vent over the stove. If a fire starts on the burner, the device activates, dumping baking soda on the flames.

www.stovetopfirestop.com





Stove Automatic Shut-Off Timer

\$150

A stove pre-programmable shut-off timer reduces the likelihood of fire or burns when the stove is accidentally left on.



Emergency Phone Numbers

\$10-\$30

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



Non-Slip Rug Pad or Rug Tape

\$15 and up

Secure all area rugs to help avoid falls.



Child-Proof Locks

\$4-\$75

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



In Other Living Areas

-
- Keep walkways clear, remove clutter and make sure floors have good traction for ease of movement and safety.
 - Remove or firmly tape down any rugs.
 - Use chairs with arms for leverage and falls reduction
 - Secure all balcony and deck railings to avoid accident or injury.
-



Big Lamp Switch

\$10

This easier-to-grip 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

\$60 and up

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





Memory Button Phone

\$30-\$150

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



Bookshelf Door Murals and Decals

\$15 and up

An inexpensive way to camouflage doors to prevent wandering.



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 one.



Wireless Door Alarm with Strobe Light

\$15 and up

Plays a loud chime and displays a flashing light when someone is at the door. Ideal for those who are hard of hearing, and to alert caregivers to a loved one's attempt to wander





Non-Slip Rug Pad or Rug Tape
\$15 and up

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



Fan with Plastic Blades and Fan Guard
\$10 and up

Avoid accidental injury by using fans with plastic blades, a secure fan guard, and small enough slats to keep fingers out of danger.



Balcony Railing
Varies

Secure balcony and deck railings to avoid accident and injury.



First Aid Kit
\$20 and up

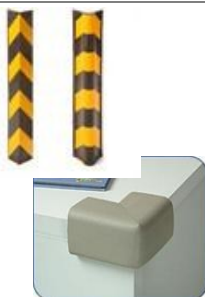
Always have a fully stocked first aid kit handy in case of injury.





Armed Chairs Varies

Use armed chairs for leverage and falls reduction.



Corner Guards \$4-\$20

Use highly visible corner guards to 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. Firmly secure edges.



Medication Management

- Remove access to over-the-counter medicines, alcohol, prescription medicine bottles and cleaning fluids. Use childproof locks to secure these safely.



Automatic Monitored Medication Dispenser

\$300 and up

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

www.epill.com/medsmartplus



Automatic Medication Dispenser

\$85 and up

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

www.epill.com

www.healthproductsforyou.com



Medication Reminder "Time Cap"

\$50

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

www.epill.com



Talking Medication Reminder

\$40

The 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 lockable.



Child-Proof Locks

\$2 and up

Keep medication and toxic substances out of reach, and locked for safety.



Medication Reminder Apps

Free

Use a medication reminder app to assist your loved one in taking their medications as prescribed. There are many downloadable apps that provide daily prescription reminders via



Fire Safety

- Purchase a fire extinguisher for each level of the home (including the basement).
- Install smoke detectors for each level of the home (including the basement), and in your loved one's bedroom. Check smoke detector batteries regularly.
- Determine a fire emergency exit route and practice using it with all family members.
- Post the fire department emergency number in a prominent place.
- Keep lighters and matches locked up.
- Avoid the use of portable heaters.
- Guard radiators.
- Avoid running electrical cords in open spaces where your loved one can reach them or trip on them.
- Place childproof covers over plugs.



Fire Extinguisher

\$20-\$140

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





Rechargeable Flashlight

\$10-\$85

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



Stove Top Fire Stop

\$30

Attaches to the rangehood/vent over the stove. If a fire starts on the burner, the device activates, dumping baking soda on the flames.

www.stovetopfirestop.com



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 a caregiver is present.
- Install locks high or low on the doors, or use locks that can only be opened with a key, but only when a caregiver is present. 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 or door sized murals on them.
- Disarm the automatic garage door opener.
- Install locks and alarms on windows, or devices that limit the distance they can be opened.
- Give a key to a neighbor or hide one outside.
- Get a FOUND medical identification bracelet for the person with dementia to notify rescuers, local police, medical staff and others of the person's condition in the event of an emergency. Consider one that identifies the caregiver, as a caregiver, too.
- Notify neighbors, local merchants and police about potential wandering.
- Keep a recent photo, a picture of the car and license plate, a profile form, and medical records together in a Silver Alert Kit.





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 Super Gate

\$50 and up

This gate is 31" tall and fits openings up to 62" wide. It slides together, and swings out of the way when not in use. It can be removed from the mounting brackets for easy storage. It has easy one-handed operation.



Stair Rail Net Gate

\$25

This 10' durable mesh net for stair railings has universal sized railing ties and screw eyes to help keep the net securely attached.



Wander Alarm

\$25

When someone wanders within 15' of the detector, an alarm sounds alerting the caregiver. The detector does not sound, so the patient won't be alarmed.





Black Rug
\$10 and up

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
\$20 and up

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.



FOUND Identification Bracelet
\$27.99 plus enrollment fee

In case of wandering, always be sure your loved one can be identified with an identification bracelet.

The FOUND bracelet is available at www.alztennessee.org/MedicAlert





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

Help prevent wandering with an electronic door lock.





Door Knob Cover

\$4 and up

Prevent easy exit with a loose-fitting door knob cover. Use only when a caregiver is present for safety.



Lock High on the Door

\$9 and up

Secure exit doors by adding a lock out of easy reach. Use only when a caregiver is present for safety.



Double Lock

\$10 and up

Deter outdoor wandering with double locks on exit doors. Use only when a caregiver is present for safety.



Wander Alarm Mat

\$80 and up

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

www.securesafety solutions.com

www.smartcaregiver.com





Bells on the Door

\$1 and up

Hang bells on exit doors to alert you when your loved one opens the door.



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.



Finder Tile

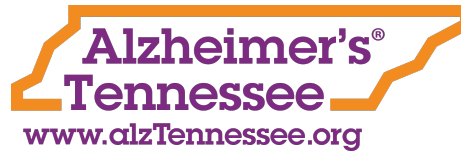
\$20-\$75

Use Tiles to find the location of any object (keys, wallet or purse, the family dog) that the tile is attached to with a user-friendly App. Tiles have a replaceable battery.

www.thetileapp.com

www.amazon.com





Apple Airtags

\$29

Use Airtags to find the location of any object (keys, car, wallet or purse, the dog) that the airtag is attached to with a user-friendly App. Airtags have a replaceable battery.

apple.com

amazon.com



Smart Watch

\$55 and up

There are many makers of GPS enabled smart watches such as the apple watch, the Garmin fitness band, the Verizon care smart watch.

apple.com

verizon.com

amazon.com



Smart Phone Locator Apps

Free

Location apps such as Life 360, Find My Friends, or Find My Phone and many others can run on Android, IOS, and windows products, allowing family members to monitor the location of their loved one's phones.





GPS Enabled Pendants

\$85

Jewelry options are available with real time tracking GPS incorporated into the design.

vova.com



Fitbit

\$129 and up

Certain Fitbit models (Fitbit Sense, Versa 3, Ionic, Charge 4, and Charge 5) have a GPS signal separate from any cellular coverage. If tracking is enabled and if it maintains good GPS signal, it can map the route a loved one is walking. Only activities where you cover a physical distance to generate GPS location information.



Smart Medical ID

Dynotag Super Alert Smart Medical ID

\$27, no monthly subscription fee

A detailed medical profile can be accessed by EMS or medical personnel using a smart phone. This medical ID is not GPS enabled, but when the medical information is accessed, a GPS location is identified.

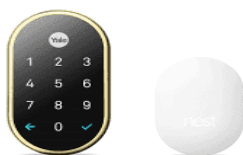
amazon.com





Motion Detector Video Doorbells **Prices vary**

Motion detector video doorbells such as Ring, Nest, and Wyze allow caregivers to see who is at the door, even if they are not home. Alerts can be set to notify the caregiver if a loved one leaves the house and passes the door.



Smart Locks **Prices vary**

Smart locks alert your smartphone everytime a door is unlocked, so caregivers would know if their loved one unlocked the door, or went outside, even if they weren't home.



Medic Alert FOUND Bracelet or Pendant

**\$27.99 for medical ID,
plus enrollment fee of \$26.99**

A Medic Alert FOUND bracelet or Pendant connects law enforcement and first responders with a live 24-hour emergency response service during a medical emergency, and provides information to assist in reuniting wandering patients with their loved ones.

alztennessee.org/MedicAlert





GPS Enabled Insoles
\$280

This is a shoe insole equipped with the same GPS technology as a smartphone. Geo-zone boundaries can be established to send notifications to a smartphone to alert a caregiver when the wearer has wandered past a pre-determined boundary line. This product requires activation and a data service plan.

gpssmartsole.com

mindcaresore.com



Silver Alert Kit

Keep all of the important documents that could assist with a search for your loved one in one accessible place. Your Silver Alert Kit should include a picture of your loved one within the last 6 months, a picture of their car and license plate, and a completed profile form available on the Alzheimer's Tennessee website.

alztennessee.org



Clothing

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



Elastic Spring Laces / No Tie Shoe Laces / Spirolaces

\$10-\$15

Helps to tighten shoes without tying.

www.amazon.com

www.u-lace.com (for smaller adult feet)



Velcro Closing Shoes

\$15-\$150

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



Adaptive Clothing Open-Back Dresses

\$40-\$85

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

www.silverts.com



**Adaptive Clothing
Open Back Snap Shirt**

\$40-\$50

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



**Adaptive Clothing
Open-Back, Open-Side or Velcro
Pants**

\$40-\$50

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



**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.





Magnetic Button Shirts

\$20 and up

Increase dressing independence with magnetic button



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.



Fall Safety Garments

\$230

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 Lig Abadi Condense
Book Antigua <i>Bookman Italics</i>	Bradley Hand IT <i>COC Picaflow</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.clothinglabels4u.com

www.label-land.com



GPS Enabled Shoes and

\$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, the caregiver is notified with a Google maps update of the shoes' location.

Available at:

www.amazon.com

www.newatlas.com



Lifelines

- Keep medical records, insurance information, medical power of attorney, and advanced directives accessible in case of emergency.
-



Home Alert Systems

Prices vary, and require a monthly subscription and activation fee

Allows you and/or emergency personnel to be alerted that your loved one needs assistance.

www.lifeline.philips.com



Security System Monitored Alert Systems

Prices vary, and require a monthly subscription and activation fee

Allows you and/or emergency personnel to be alerted that your loved one needs assistance.

www.adt.com



Mobile Medical Alert Systems

Prices vary, and require a monthly subscription and activation fee

Wireless pendant allows the wearer to be out and about, while ensuring that help is available if needed.

www.lifeline.philips.com





Medical Record

\$0-\$25

Keep complete medical records, medical power of attorney documentation, and advanced directives 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 trusted nearby friend or neighbor.
- Remove and safely store potential hazards such as weapons and power tools.
- Protect computers and information stored on them.

Outside the Home

- Ensure steps and handrails are sturdy; consider installing treads for more traction, or possibly building a ramp.
- Mark the edges of steps and walkways with bright tape.
- Remove or level 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.





Voice Recording Picture Frame

\$10-\$30

Allows for enjoyment of family photos for those with a vision 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 **\$4 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 **\$10 and up**

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



Electronic Lock **Prices vary**

Help prevent wandering with an electronic door lock.





Latch Lock

\$5 and up

Latch hook locks can help prevent unwanted wandering.



Walker

Prices vary, but are often covered by insurance (talk to your doctor)

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



Wheelchair

Prices vary, but are often covered by insurance (talk to your doctor)

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.



Tile

\$20-\$75

Use Tiles to find the location of any object (keys, wallet or purse, the family dog) that the tile is attached to with a user-friendly App. Tiles have a replaceable battery.

www.thetileapp.com

www.amazon.com



Apple Airtags

\$29

Use Airtags to find the location of any object (keys, car, wallet or purse, the dog) that the airtag is attached to with a user-friendly App. Airtags have a replaceable battery.

apple.com

amazon.com



Aphasia Assistance Products

Communication Aids and Apps

- Aphasia is challenging for the individual and for the family and friends who support them. Finding a way to communicate needs and wants is essential to maintaining connection and to assure safety.
- Communication cards can be made by the user or the caregiver and can increase your loved ones ability to communicate with you. The images on the communication card or board can be common words or phrases, pictures, rating scales (to communicate preferences or pain), a family tree (for remembering names) or the alphabet.
- Communication cards or boards should be small enough to be easily used by the person with aphasia.
- Electronic apps and devices allow the user to create a sentence through pictures, symbols, or letters that are then read aloud by the computer. These devices may be available for demonstration and/or to borrow from the state's assistive technology program.





Communication Cards

Communication cards could contain words (yes or no), phrases, or pictures to aid in communication.



Communication Board

A communication board compiles a variety of words, phrases, pictures, rating scales (to communicate preferences or pain) or the alphabet into one place to aid in communication.



Communication Book

Use a photo album or notebook to assemble pictures of common items and the faces of friends and family, to give a person with aphasia the ability to communicate with you.





Communication Apps Prices Vary

Apps for phones, tablets, computers, or assistive devices, such as *Proloquo2Go*, *TouchChat*, *Small Talk*, *Tapgram*, and *Talk Tablet*, allow users to create sentences using symbols or letters that are read aloud by a computerized voice.



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alztennessee.org





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alztennessee.org/MedicAlert





For online product information:

www.amazon.com

www.activeforever.com

www.maxiaids.com

www.thiscaringhome.org

www.alzstore.com

www.medicalproductsdirect.com

www.parentgiving.com

www.fallsafetywear.com

www.projectlifesaver.org

www.lambertshc.com

www.ladiesofcharityknox.org

www.ldsknox.com

www.longsrx.com

www.mydoorsign.com

www.vitalitymedical.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.discoverrmobility.com

www.medmart.online





www.4MDmedical.com
www.thewrightstuff.com
www.Acornstairlifts.com
www.bruno.com
www.uniquemedsupply.com
www.patient-room.com
www.rehab-store.com
www.healthproductsforyou.com
www.stovetopfirestop.com
www.performancehealth.com
www.especialneeds.com
www.absoluteautomation.com
www.epill.com
www.securesafety solutions.com
www.smartcaregiver.com
www.label-land.com
www.newatlas.com
www.thetileapp.com

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





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.

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 raised by Alzheimer's Tennessee 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 touched by Alzheimer's disease.

How YOU Can Help

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

DONATE! Your contribution to the cause is key: make a general donation, donate in support of a WALKer, or 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.

