

6 Tips to Help When Caring for Someone with Dementia or Alzheimer's

Comfort Keepers of Warren, NJ, Provides Insightful Senior Care Safety Tips, Called Elder-Proofing a Home

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[/EINPresswire.com/](http://EINPresswire.com/) -- When a loved one is first diagnosed with dementia or Alzheimer's disease, it's easy to get overwhelmed. You probably have a lot of questions. You may wonder how you can keep your loved one safe as their cognitive decline progresses. Whether they're living with you or in their own home, Alzheimer's and dementia patients have some unique safety needs.



"Fortunately," says Stephanie Howe, owner of Comfort Keepers of Warren, NJ, "there are many things you can do to help your loved one stay safe at home."

"We know our clients want to feel safe in their own home," adds Howe. "And much like young parents have to take steps to adjust the living space for the safety of their children, we have a process to help make homes safe for dementia and Alzheimer's patients."

"We call it [elder-proofing](#)," says Howe.

Comfort Keepers Warren, the leading in-home care provider of central New Jersey, has assembled a quick checklist of the top things people can do to help make a home safe when caring for someone with dementia or Alzheimer's.

Here are six steps to making a home safe for someone with dementia or Alzheimer's disease:

1. Understand the Disease

Dementia is a progressive brain disease. Alzheimer's is the most common type of dementia. The World Health Organization estimates that around 50 million people have Alzheimer's or dementia worldwide. Dementia and Alzheimer's are commonly diagnosed in adults in their mid-60s or older. Symptoms of the disease include memory loss, impaired judgment, personality changes, problems learning new things, confusion, and wandering. In order to keep your loved one safe, you'll need to make some changes to their home to deal with these symptoms.

2. Assess Physical Hazards

According to the journal *Age and Aging*, people with Alzheimer's are three times more likely to fracture a hip than those with no form of dementia. One reason for this finding is that dementia can cause problems with balance, perception, and memory of furniture locations. Look around your loved one's home for obstacles they could potentially trip over. Remove unnecessary furniture and keep

living areas free of clutter. Slippery surfaces, such as bathroom tile, can be the source of falls. Install nonskid strips or mats over tiles. Make sure stairways have railings. If your loved one is unable to maneuver stairs on their own, you may want to place a gate in front of the stairs.

3. Reduce the Potential for Wandering

According to the Alzheimer's Association, six out of ten people with dementia are likely to wander. Wandering can be dangerous for dementia patients. Here are some ways to decrease wandering:

Install safety locks.

Use a home security system that informs you if doors or windows have been opened.

Keep a regular daily routine.

If you need to separate from your loved one, leave them in the company of a caregiver. Comfort Keepers of Warren, New Jersey, can help keep your loved one safe when you're not at home and give you peace of mind while you're away.

Give your loved one a medical ID bracelet with their name, phone number, and address.

If your senior loved one does wander, call 911 if you can't find them after 15 minutes of searching.

4. Remove or Lock Up Dangerous Items

Cleaning products, weapons, tools, and medication are just a few of the items you should keep away from your loved one with dementia. If possible, remove these items from the home. For items that can't be removed, use child-proof cabinet locks. Consider keeping a lock on garage or basement doors, where potentially dangerous items may be stored.

5. Make Sure the Home is Well-Lit

Adequate lighting can help your loved one be safer in the home. Examine lighting throughout the house, replacing light bulbs where needed. If necessary, add lamps to dark corners, making sure cords are kept out of the way. Keeping nightlights on in bathrooms and bedrooms can help reduce your loved one's confusion when he or she wakes during the night.

6. Consider a Personal Emergency Response System

A personal emergency response system is a communication device that your loved one wears as a necklace or bracelet. If an emergency situation occurs, such as your loved one falling or becoming lost, he or she can press a button, and help is on the way. This type of communication device works best for those in the early stages of Alzheimer's disease or dementia.

About Comfort Keepers of Warren, NJ

Comfort Keepers provides award-winning in-home care for seniors and other adults in need of assistance with daily activities. Their highly trained and dedicated caregivers can help your loved one stay in their home for as long as safely possible—a dream come true for both the seniors and their families. Their goal is to enrich the lives of every treasured client while maintaining client safety, well-being, and comfort as each person continues to live independently despite disease and other age-related conditions.

Their caregivers, referred to as Comfort Keepers®, are carefully selected, screened, and trained to provide professional, compassionate assistance that meets the organization's high standards. Through a unique approach called Interactive Caregiving™, Comfort Keepers' caregivers build true friendships with their clients in order to fulfill their emotional and social needs.

To find out more about Comfort Keepers of Warren New Jersey's commitment to excellence, please call (732) 369-3639.

This release was drafted by [Results Driven Marketing, LLC](#): a full-service digital marketing, public relations, advertising and content marketing firm located in Philadelphia, PA.

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