

## 7 TIPS FOR PEOPLE WITH MEMORY LOSS

It's difficult when someone you love starts to have problems with memory loss. Taking a proactive approach can help your loved one retain as much independence as possible, while creating a safe and healthy environment.



**1. Simplify tasks.** Model the action first, then ask your loved one to demonstrate. That way, you can be assured that tasks are properly carried out.



**2. Know what triggers agitation.** People with memory loss tend to get agitated when bored, so try to keep them engaged. Encourage independence and social interaction, but be realistic about their limitations.



**3. Remove any clutter** from pathways between rooms, so that your loved one can get outside in case of an emergency. If you're caring for someone in a wheelchair, make sure seat belts are worn to prevent falls, and ensure ramps are available.



**4. Place alarms on doors and windows** if your loved one is prone to wandering. That way you, a nurse or an aide are alerted if they are opened.



**5. Lock up** cleaning supplies, knives and medications that can cause harm. Remove knobs from the stove, and unplug small appliances when not in use.



**6. Install nightlights** between the bedroom and bathroom to avoid confusion. Monitor the use of heating pads, and consider switching to a heating pad with auto shutoff.



**7. Install grab bars, a shower chair and non-slip rubber decals** or mats inside and outside the shower or tub to help prevent falls. Monitor the use of appliances and razors, and remove all locks from bathroom doors.

