



Colorado  
CareAssist

HOME SAFETY SERIES

IN-HOME MEMORY CARE ASSESSMENT

# Dementia Home Safety & Independence Assessment

Helping individuals remain safe, comfortable, and independent at home.



This assessment identifies environmental factors that may affect safety, nutrition, mobility, orientation, and independence for individuals living with dementia or memory impairment. Small changes in the home can often improve quality of life and reduce caregiver stress.

**CLIENT NAME**

Full name

---

**ASSESSMENT DATE**

MM / DD / YYYY

---

**CARE MANAGER**

Name

---

**FAMILY CONTACT**

Name & phone

---

# Home Safety & Independence Review

Check each item observed in the home. Use the notes to record specifics and follow-ups.



01

## Dining & Nutrition

- Plates contrast with food
- Drinking cups are easy to see
- Table free of clutter
- Adaptive utensils available if needed
- Brightly colored plates used when appropriate
- Water visible and accessible
- Limited distractions during meals
- Meals served in manageable portions

NOTES



02

## Fall Prevention & Mobility

- Walking paths clear
- Dark rugs or mats removed
- Stair edges clearly visible
- Floors non-slip
- Throw rugs removed or secured
- Flooring transitions visible
- Handrails secure
- Frequently used items within reach

NOTES



03

## Lighting & Visibility

- Adequate lighting throughout home
- Hallways illuminated
- Bedroom lighting easily accessible
- Minimal glare and reflections
- Nightlights installed
- Bathroom lighting adequate
- Important objects easy to distinguish

### NOTES



04

## Bathroom Safety

- Toilet easy to identify
- Shower/tub non-slip
- Water temperature appropriate
- Grab bars installed
- Towels visible
- Emergency contact information accessible

### NOTES



05

## Bedroom Safety

- Clock visible from bed
- Family photos present
- Clear path to bathroom
- No trip hazards
- Calendar visible
- Familiar belongings present
- Nightlight installed

### NOTES



06

## Orientation & Memory Support

- Bathroom easy to find
- Labels or signs used when helpful
- Daily routine established
- Consistent bedtime schedule
- Bedroom easy to find
- Photos used as visual cues
- Consistent meal schedule

### NOTES



07

## Agitation & Anxiety Reduction

- Home free of excessive clutter
- Comfortable seating available
- Mirrors assessed for distress
- Background noise minimized
- Quiet space available
- Family aware of redirection techniques

### NOTES

---

---



08

## Medication & Health Monitoring

- Medication list available
- Physician information available
- Hydration monitored
- Falls documented
- Emergency contacts available
- Medication organizer used
- Weight changes monitored

### NOTES

---

---



09

## Wandering & Exit Safety

- Wandering risk discussed
- Identification available
- Family aware of safety precautions
- Door alarms considered
- Emergency plan established

### NOTES

# Simple Changes That Can Make a Big Difference

Many dementia-related challenges involve visual perception, environmental cues, and cognitive processing rather than ability alone. Small, low-cost modifications often restore independence, reduce confusion, and make daily routines feel calmer and safer.

\$ Low cost

\$\$ Moderate cost

## Dining

### Use red or brightly colored plates \$ Easy

Color contrast makes food stand out, so more gets eaten.

### Use brightly colored cups \$ Easy

Makes drinks easy to see and encourages hydration.

### Remove busy tablecloth patterns \$ Easy

Reduces visual confusion at the table during meals.

### Reduce mealtime distractions \$ Easy

Turning off the TV helps focus on eating.

## Fall Prevention

### Remove black floor mats \$ Easy

Dark patches can read as holes and cause freezing or falls.

### Remove loose rugs \$ Easy

Eliminates one of the most common tripping hazards.

### Add contrast tape to stair edges \$ Easy

Makes each step edge clearly visible on the way down.

### Improve hallway lighting \$\$ Moderate

Clear sightlines reduce missteps in transitions.



## Bathroom

**Use a contrasting toilet seat** \$ Easy  
Helps locate and use the toilet independently.

**Add grab bars** \$\$ Moderate  
Provides stable support at the toilet and shower.

**Increase lighting** \$ Easy  
Reduces shadows and fear in the bathroom.

**Use brightly colored towels** \$ Easy  
Easy to find and signals the sink area.



## Orientation

**Label bathroom doors** \$ Easy  
Simple signs support finding the right room.

**Use large clocks** \$ Easy  
Anchors day, time, and daily routine.

**Display calendars** \$ Easy  
Reinforces the date and lowers anxiety.

**Use family photo walls** \$ Easy  
Familiar faces provide comfort and cueing.



## Sleep & Evening Safety

**Install motion-sensor nightlights** \$ Easy  
Lights the path automatically during the night.

**Reduce evening shadows** \$ Easy  
Even lighting lowers sundowning and fear.

**Maintain consistent bedtime routines** \$ Easy  
Predictable evenings improve sleep quality.



## Hydration

**Keep water visible in commonly used rooms** \$ Easy  
Seeing water prompts more frequent drinking.

**Use clear pitchers or brightly colored cups** \$ Easy  
Makes daily fluid intake easy to see and track.

# Summary & Recommendations

A shared plan the family and care team can act on together — starting with what matters most this week.

## OVERALL RISK RATING

**Green**  
Low Concern

**Yellow**  
Moderate Concern

**Red**  
High Concern

**Immediate Actions** NEXT 7 DAYS

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**Short-Term Actions** NEXT 30 DAYS

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

## Long-Term Considerations

ONGOING

1

---

2

---

3

---

### EDUCATION PROVIDED

- |  |   |
|--|---|
| <input type="checkbox"/> Dementia communication techniques | <input type="checkbox"/> Fall prevention      |
| <input type="checkbox"/> Hydration support                 | <input type="checkbox"/> Nutrition support    |
| <input type="checkbox"/> Redirection techniques            | <input type="checkbox"/> Wandering prevention |
| <input type="checkbox"/> Home safety modifications         |   |

---

Care Manager signature & date

---

Family member acknowledgement & date



Questions about this assessment or ready to get started? We pick up the phone. Call **(303) 757-1777** to speak with a care coordinator, or visit [coloradocareassist.com](https://coloradocareassist.com).