

**TIPS THAT COULD
HELP KEEP YOUR
LOVED ONES
SAFE:**

- Purchase a smoking apron to prevent your loved one from getting burned.
- Buy lighters, not matches.
- Swimming noodles work well for padding different shaped areas.
- Use medical straps to help secure your loved one from falling out of chairs. **NEVER LEAVE YOUR LOVED ONE UNATTENDED WHEN USING A MEDICAL STRAP.**
- Make sure there are no guns in the home. If there is a “Legacy” gun, make sure it is locked up and that no ammunition is available.



**Ideas on Ways
to Safe Proof
Your House for
Your Loved One
Living With
Huntington's
Disease**

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Bedroom

- It's best to place the mattress on the floor so your loved one doesn't fall off the bed while sleeping.
- Remove all wall décor that is glass in case it gets knocked off the wall, or make sure they are securely fastened to the wall in the case your loved one runs into them.
- Remove all rugs; they can be a tripping hazard for someone with HD.
- Remove all bedside tables.
- Remove all free standing mirrors, lamps, or things that can be knocked over and cause injury.
- Cover sharp edges of dressers and other bedroom furniture in case your loved one falls into the furniture.
- Use mattress covers in case of spills or accidents.
- Make downstairs as comfortable as possible to encourage your loved one not to try to go upstairs. If the bedroom is upstairs, make sure to have a proper secure railing for your loved one.



Kitchen

- Remove knobs from oven and stove, especially gas stoves, when you are not using them.
- Keep sharp objects such as knives, can openers, and any other utensils that can injure your loved ones safely out of reach.
- Replace glassware with plastic kitchen plates, cups, bowls, etc.
- Remove any food or beverages that come in glass containers to plastic containers.
- Put cleaning supplies in a locked cabinet.
- Instead of glassware, use plastic reusable water cups with lids and straws to prevent spills and possibly help prevent choking.



Living Room/Family Room

- Remove coffee and end tables; this type of furniture can cause injury
- Place couches in front of windows; this way if your loved one falls, he/she falls onto the couch, not through a window.
- Cover sharp corners like tile fireplace mantels.
- Try to avoid leaving shoes, clothes, toys, etc. on the floor for your loved one to trip over.
- You may want to consider buying furniture covers to protect your furniture from spills or accidents.
- Be careful of free standing lamps, fans, or decorations.
- Make sure all chairs and furniture are stable. No swivel chairs, rocking chairs, etc.



Bathroom

- Place grab bars in the shower as well as around the bathroom.
- Add a no-slip mat inside the shower or bathtub.
- Sturdy, no-slip shower chairs work great for an individual who can wash him/herself.
- Use padding between the wall and the toilet tank to keep the tank from breaking or from busting through the drywall if your loved one rears back.
- Raised toilet seat attachments will help the individual safely get on and off a toilet.
- Put padding around the lid of the inside of the toilet seat to protect the individual's back.

