

**NIGHTTIME SAFETY TIPS**

Simple reminders to help improve safety during the evening and overnight hours.

**Lighting & Visibility**

- Nightlights are available in bedrooms, bathrooms, and hallways
- Light switches are easy to access
- Pathways remain clear and well lit
- Flashlights are available if needed

**Bedroom Safety**

- Mobility devices are within reach
- Commonly used items are easy to access
- Bed height allows for safe transfers
- Pathways between the bed and bathroom are clear

**Fall Prevention**

- Non-slip footwear is available if getting up at night
- Rugs and cords are secured safely
- Individuals rise slowly from bed or chairs
- Fatigue or dizziness is monitored

**Memory & Cognitive Support**

- Calm nighttime routines are encouraged
- Important phone numbers are easy to access
- Supervision or support is available if needed
- Wandering or nighttime confusion is monitored

**Emergency Preparedness**

- Phones are charged and accessible
- Emergency contacts are available
- Smoke and carbon monoxide detectors are working

**Notes**

---

---

---

---

---