



Avoid space heaters and open flames

Use central heating instead of space heaters. Supervise the use of fireplaces, candles, or any open flame.

→ Why is this important?

Portable heaters and flames can be forgotten or misused. Safer heat sources reduce the chance of accidents.



Keep emergency numbers handy

Post a list of emergency contacts near the phone. Save key numbers in speed dial.

→ Why is this important?

In a panic, it can be hard to remember or dial phone numbers. Clear lists make it easier to get help fast.



Do regular fire safety checks

Walk through the home to check for hazards such as frayed cords or blocked exits.

→ Why is this important?

Regular safety checks catch issues before they become dangerous.



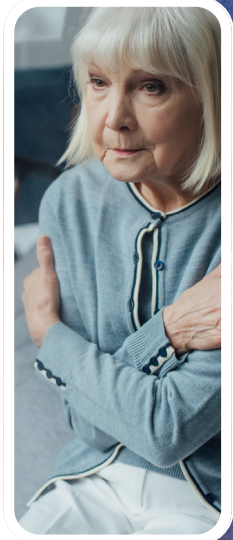
Join a vulnerable persons registry

Ask your local fire department, township, or city if they offer a "Vulnerable Persons Registry."

This allows first responders to be aware of any specific needs in your household.

→ Why is this important?

If there is an emergency, fire crews will know who lives in the home and how to best assist them.



How to contact your local Alzheimer Society:

www.alzheimer.ca/on

Disclaimer:

This brochure is for educational purposes only. It is not a substitute for professional advice or emergency services. Always follow official fire safety guidelines and contact your local fire department for help or more information.

For more safety tips, visit:

www.findingyourwayontario.ca
or email: findingyourway@alzon.ca



Société Alzheimer Society

Dementia-Friendly Fire Safety Guide

For people living with dementia and their care partners



Fire Safety Tips

Fire safety is important for everyone, but it can be more difficult for people living with dementia. Changes in memory, judgment, and the ability to understand danger may increase the risk of fire-related incidents.

This guide offers simple, practical tips to help people living with dementia and their care partners stay safe.



Supervise cooking and use fire-safe appliances

Use appliances with automatic shut-off features. Do not leave the stove unattended. Set timers to help track cooking times.

→ Why is this important?

A person living with dementia may forget they have started cooking or may not use appliances safely. Supervision and simple tools reduce these risks.



Install and maintain smoke and carbon monoxide (CO) alarms

Install smoke and CO alarms in key areas such as bedrooms, kitchen, hallways, and each level of the home. Test them once a month. Check and replace batteries as needed (refer to manufacturer instructions). For those with hearing loss, choose models with flashing lights or vibration.

→ Why is this important?

Regular testing ensures alarms are working. People may forget they have already checked or ignore the sound if they are confused or distracted.



Create and practice an emergency exit plan

Create a simple escape plan that includes two exits (if possible) from every room. Practice it together often. Make sure that mobility aids are easy to reach.

→ Why is this important?

In an emergency, confusion or panic can delay action. Practicing builds confidence and helps make the response automatic.



Reduce clutter and keep exits clear

Remove tripping hazards like rugs, extra furniture, or tangled cords. Keep walkways and doorways open.

→ Why is this important?

In an emergency, every second counts. Clutter makes it harder to move quickly and safely, especially if someone is confused or unsteady.



Keep lighters and matches out of reach

Lock up matches and lighters. Use battery-operated candles instead of real ones.

→ Why is this important?

Someone living with dementia might forget to put out a flame or accidentally start a fire. Flameless candles are safer and reduce the risk of an accident.



Avoid loose or flammable clothing near heat sources

Wear fitted clothing when cooking or using any heat source. Avoid loose sleeves or scarves that could catch fire.

→ Why is this important?

Clothing that hangs near burners or heaters can easily catch fire. Keeping outfits practical when cooking or near something flammable helps reduce that risk.