

MOBILITY & FALL SAFETY FOR DEMENTIA CAREGIVERS

As dementia progresses, walking, balance, judgment, and body awareness can all change. This can increase the risk of falls and injury.

This guide can help you spot concerns and make the home safer.

Signs to Watch For

- ☐ Unsteady walking
- ☐ Shuffling or slower steps
- ☐ Trouble getting up or sitting down
- ☐ Holding onto furniture or walls
- ☐ Near falls or actual falls
- ☐ Trouble judging distance or steps

Fall Safety Tips

- Keep walkways clear
- Remove loose rugs and clutter
- Use good lighting, especially at night
- Encourage proper shoes or non-slip socks
- Keep frequently used items easy to reach
- Watch for changes in strength, balance, or fatigue

Extra Safety Reminders

- ☐ Watch for dizziness
- ☐ Notice if they are weaker than usual
- ☐ Be careful after illness or hospital stays
- ☐ Check for pain that may affect walking
- ☐ Talk to the doctor after any fall

Caregiver Tip:

Sometimes a fall is not “just a fall.”

A change in mobility can be an early sign that more support may be needed.

Want more dementia caregiving help and support?

Visit AlzheimersInYourHome.com for practical caregiver tools, articles, and guidance.

Want to better understand why these challenges happen?

[Explore the Understanding Dementia Course here!](#)

Free Caregiver Tools & Support

AlzheimersInYourHome.com

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