

HALLOWEEN DEMENTIA SAFETY CHECKLIST



HALLOWEEN ENVIRONMENT PREPARATION

- Decorate Simply**
Use minimal and familiar decorations. Avoid loud, flashing, or overly complex decorations.
- Use Soft Lighting**
Use soft, consistent lighting. Avoid strobe lights or overly dim lighting.
- Monitor Temperature**
Ensure the home is warm and provide blankets if necessary. Avoid leaving windows or doors open.
- Ensure Safe Pathways**
Clear pathways of decorations, wires, and clutter.

MANAGING SENSORY OVERLOAD

- Create a Quiet Space**
Designate a quiet room for rest. Avoid leaving the person in a noisy environment.
Limit Trick-or-Treaters:
- Manage the number of visitors by having a family member answer the door or turning off the porch light if needed.
Use Familiar Music or Sounds
Play calming, familiar music in the background. Avoid playing loud or spooky sound effects.

MAINTAINING COMFORT AND SAFETY

- Label Rooms with Signs**
Use clear signage for easy navigation
- Keep Familiar Objects Nearby**
Place familiar items like favorite blankets or photos nearby.
- Have Emergency Contacts Ready**
Keep a list of emergency contacts and medical information handy. Avoid leaving the person unsupervised for long periods.
Plan for Early Evening Activities
- Schedule Halloween activities earlier in the day to avoid confusion or agitation during evening hours.

COSTUME AND APPEARANCE SAFETY

- Avoid Costumes with Masks**
Choose comfortable, easy-to-wear clothing or accessories
- Use bright, non-restrictive costumes for better visibility

COSTUME AND APPEARANCE SAFETY

- Provide familiar, soft Halloween-themed snacks
- Offer hydrating drinks in festive cups
Ensure allergy-free and easy-to-eat treats

