



10 Things to Fix in Your Home TODAY

to Reduce Alzheimer's Confusion

If your loved one
gets confused at home...

it's not always the disease.

Sometimes... **it's the environment.**



Small things can feel like big threats:

- a dark rug
- a mirror
- a loud TV

The good news?

- You can fix many of them in a few minutes.



Small changes
make a big
difference



A calmer home.
A better day for **both of you**





✓ Home Safety & Calm Checklist



Remove dark rugs

They can be seen as "holes"

☐

Use warm, soft lighting

Avoid harsh white or hospital-like lights

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Keep objects always in the same place

Consistency reduces anxiety

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Reduce noise (TV, radio, background sounds)

Too much stimulation = confusion

☐

Avoid unnecessary mirrors

They can create fear and disorientation

☐

Use simple, clear spaces

Too many objects = too much information

☐

Keep familiar objects visible

They act as emotional anchors

☐

Label doors or important areas

Visual cues help orientation

☐

Avoid sudden changes in layout

Familiarity = safety

☐

Create one calm "safe zone"

A place they recognize instantly

☐

♥
A safer space
creates a calmer
day for both
of you.



This is just the surface.

Confusion doesn't come from one thing.
It comes from **the whole day**.



Morning routines

Set the tone
for a calmer day



Evening agitation

Simple strategies
make a big difference



What to say (and what to avoid)

Words can calm
or increase stress



That's why I created a complete caregiver system.



A simple, practical guide to make daily life **calmer**.



Ready-to-use routines

Step-by-step plans for morning
and evening.



Emotional strategies that actually work

Calm communication, connection
and understanding.



Tools to reduce stress for BOTH of you

Because your well-being matters too.



**GET THE FULL
ALZHEIMER'S CARE GUIDE**

You don't need perfection.
You need calm.



A calmer home.
A better day for **both of you.** ♥



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