



Hold me Safety Check & Routine

A gentle bedtime checklist for peace of mind

♥ [Nicole dementiaonline.org](https://dementiaonline.org)

A calm end to the day

A short evening routine helps the home feel safe, settled and ready for a restful night. Work through each list slowly — tick off what applies, skip what doesn't. Use it as a printable checklist or as a gentle rhythm to follow together.

Tip: keep this checklist somewhere visible — on the fridge, by the front door, or on the bedside table — so it becomes a familiar part of the evening.

Doors, windows and keys

- ☐ Lock all doors
- ☐ Close and lock windows (if required)
- ☐ Is an external or family key in the right spot?

Appliances and lighting

- ☐ Turn off the stove and oven
- ☐ Turn off electrical appliances not in use
- ☐ Turn on night lights if needed
- ☐ Check walkways to toilet and front door are clear

Comfort and medication

- ☐ Have any required medications been taken?
- ☐ Are any potentially required medications on the bedside?
- ☐ Drink of water on the bedside cupboard
- ☐ Tissues on the bedside cupboard

Mobility, alarms and charging

- ☐ Check walkways to toilet and front door are clear
- ☐ Place walking aid beside the bed (if used)
- ☐ Charge personal alarm and have within reach
- ☐ Charge phone and have within reach
- ☐ Charge tablet
- ☐ Charge wheelchair or gopher if applicable
- ☐ Check that charging power points are turned ON

Sweet dreams. A little routine at night brings a lot of comfort in the morning.