

Getting to Know Me: Dementia Care Guide for Hospital Staff

Please keep this in the patient's room for all staff to see

Patient Information

Name: _____ Prefers to be called: _____

Date of Birth: _____

Primary Diagnosis / Type of Dementia: _____ Stage: Mild Moderate Severe

Baseline Abilities: _____

Emergency Contact

Primary Contact Name & Relationship: _____ Phone: _____

Alternate Contact: _____

Medical Information

Allergies: _____ Other Health Conditions: _____

Current Medications:

1. _____ 2. _____ 3. _____ 4. _____

5. _____ 6. _____ 7. _____ 8. _____

Communication & Behavior

What Helps Calm Them: _____

What Makes Things Worse / Triggers: _____

Daily Needs

Hearing Aids / Glasses / Dentures: Yes No _____

Mobility: Walks alone Cane/Walker Wheelchair Full Assistance _____

Eating/Drinking: Independent Needs Help Modified diet: _____ Choking history: _____

Favorite food _____ Favorite drinks _____

Toileting: Independent Needs Help Incontinent Bowel Bladder Pullups Brief/ Adult diaper

Bathing: Independent Needs Help Bath Shower Morning Evening

Special Notes for Staff

- My loved one has dementia. Please speak slowly, one step at a time.

- They may become anxious if separated or in loud environments.

- Familiar voices, touch, and patience help them feel safe.

Other: _____

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Dementia Caregiver Hospital Bag Packing List

Keep this bag ready so you can grab it quickly in case of a hospital visit. Having familiar items and key documents can make the stay calmer and safer for your loved one.

Important Documents

- One-page medical summary Medication list (current, updated)
- Insurance cards & ID Advance directive / Power of Attorney

Daily Essentials

- Glasses Hearing aids & batteries Dentures & case Phone charger / device charger

Comfort Items

- Sweater or light blanket
- Favorite photo or small keepsake
- Music playlist / headphones
- Fidget item (soft cloth, stress ball, etc.)

Food & Snacks (if allowed)

- Bottled water
- Simple snacks (soft crackers, applesauce, pudding cups)
- Comfort snack from home

Personal Care

- Toothbrush & toothpaste
- Hairbrush / comb
- Lip balm & lotion
- Incontinence supplies (if needed)

For the Caregiver

- Notebook & pen for questions
- List of emergency contacts
- Your own water bottle & snack
- Extra sweater or shawl

Tip: Store this bag near the door and easy to grab so you're always ready. Update the documents and medication list regularly to keep everything current.
