

If You Need to Relocate:

- Remain calm and reassuring.
- Repeatedly reassure individual with dementia that you will stay with them at all times.
- Maintain eye contact and speak slowly.
- Keep things simple.
- Remember your Emergency Kit including several copies of the completed Plan of Care.
- Say and do whatever works to get individual out of the house on a regular day.
- Alert volunteers, rescue/shelter personnel and others to loved one's condition, risk of wandering and plan of care.
- Identify what may agitate an individual and what helps to calm them.
- Try to locate an area with the least amount of noise/confusion/foot traffic/activity.
- Give individual with dementia something to do to distract them.
- Continue to give prescribed medications.
- Provide water and food frequently.
- Care for yourself. Eat, sleep and rest.

Plan of Care for Someone with Dementia

(NOTE: AT RISK FOR WANDERING)

Name _____

Responds to: _____

ALLERGIES _____

Medications

Name	Name
Dose	Dose
Time	Time
Name	Name
Dose	Dose
Time	Time

Attending Physician _____
Name Phone

Eating Self With Set-Up Total Feed
 Choking Precautions: () thicken fluids () straw
 Special Instructions: _____

Ambulating: Self With assistance
Assistive device: Cane Walker Wheelchair

Toileting: Self Supervision Assistance Briefs

Favorite items, activities, conversation topics: _____

Notes: _____

Additional Information Attached: Yes No

*Caring For Someone Living With
Alzheimer's or a
Related Dementia?*



*Are You Prepared
For A Public Health
Emergency?*

*Planning ahead for natural and
man-made disasters is crucial...
especially when caring for someone
affected with dementia*

A service of the

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Sources: Alzheimer's Association, www.alz.org ;
Gentlecare, by Jones, M. (1999). © 2006

Assemble an Emergency Kit: Gather the following supplies and store in a waterproof container

Food and Water (3 days)

- 3 gallons of water per person
- 4 gallons of water for an individual with dementia (People with dementia may have an increased sense of thirst)
- Canned foods and manual can opener
- Non-perishable foods including easy to eat, familiar foods
- Food thickener and spoon if needed
- Colored plastic plates and utensils (those with dementia can see a colored plate better than a white one)
- Blankets, pillows

Medical Items

- All medications including those used only occasionally (one month supply)
- Small cooler (if needed for medications)
- First aid kit
- List of medications, dosages and prescribing doctor
- Phone numbers for all doctors
- Living will document
- Power of Attorney document

Identification Items

(Individuals with dementia have an increased risk for wandering)

- Identification labels (bracelet, clothing tags, wallet cards) that identify individual with memory impairment
- Identification labels that identify caregivers and how to contact (bracelet or wallet card)
- Current pictures of individual affected with dementia (to give to Emergency personnel or to post if separated)
- Wallet card for individual with dementia with caregiver's contact information such as cell phone number, planned shelter area and picture of caregiver

Pre-Register individual in the Safe Return Program offered through your local Alzheimer's Association 1-888-572-8566 or www.alz.org/safereturn/



Personal Items

- At least two extra sets of clothes
- Extra set of shoes
- Eye glasses
- Hearing aids
- Incontinence products
- Toiletries
- Clothing protectors (bib) for eating

Comfort Items

- Walkman with favorite tapes/CDs
- Favorite videos (including home videos) and reading materials
- Favorite security items (doll, stuffed animal, blanket, etc.)
- Pictures of family, friends, etc.

Safety Items

- Radio and flashlight
- Extra batteries

Discuss your emergency plans with family and friends so they will know how to contact you