

Who they are when they are themselves

Hand this to triage, and keep a copy. Nobody in the building knows what this person was like on Tuesday. You do, and that is the most useful thing in the room. **Lead with the change from baseline**, then the two fixed points.

Name	Date of birth	Answers to
Type of dementia, if known	Allergies	Blood thinner? Y / N, which
Primary language	On hospice? Y / N, agency	Lives with

On an ordinary day they can

What changed, and when

"On (day) they could _____. Today they can't _____."

What helps

What calms them, what frightens them, a phrase or a name that lands.

Medicines

☐ All bottles are in the bag ☐ Listed on the back

Advance directive or POLST

☐ Yes, it is with me ☐ On file at: _____

Glasses: Y / N Hearing aids: Y / N Dentures: Y / N

Last ate or drank Last urinated Falls this week Temperature at home

Three things that make this go better

Tell me before you do anything to them. I can say it in a way they will understand, and they will hold still for it.

Let me stay in their line of sight. If I have to step out, please tell me when it is safe to.

They will be more confused here than at home. The lights, the noise and the waiting do that. It is the building, not a new decline, and it will ease when they are somewhere quiet.

Caregiver and phone Doctor and phone Other family and phone

Free 24/7 support: Alzheimer's Association Helpline,
1-800-272-3900. In an emergency, call 911.

dementiasteady.com/navigator. General caregiving guidance, not
medical advice for your situation.