Guiding an Improved Dementia Experience (GUIDE)

EDUCATION AND SUPPORT RESOURCES

Helpful Checklists

Staying safe with home safety & emergency kit checklists and missing patient information.

BAPTIST HEALTH

EMERGENCY KIT

*Keep the emergency kit in a **waterproof container.** Store it in a place that is safe and easy to find.*

Food and Drink Checklist :

- [ ] Bottled water
- [ ] Canned food
- [ ] Manual can opener
- [ ] Powdered electrolyte drinks
- [ ] Plastic forks, spoons, knives, cups
- [ ] Zippered plastic bags
- [ ] Trash bags
- [ ] Other : _____

Medical Supplies :

- [ ] First aid kit
- [ ] Instant heat/ ice packs
- [ ] Medications
- [ ] Other : _____

Equipment :

- [ ] Mobile telephone chargers
- [ ] Flashlight
- [ ] Battery-powered weather radio
- [ ] Battery-powered fan
- [ ] Batteries (AA, AAA, D)
- [ ] Whistle
- [ ] Dust mask
- [ ] Plastic sheeting (ex: painters drop cloth)
- [ ] Duct tape
- [ ] Maps
- [ ] Other : _____

Clothing & Toiletries

- [ ] Easy on/off clothes
- [ ] Adult briefs/ incontinence pads
- [ ] Shoes/sneakers (velcro closures if possible)
- [ ] Eyeglasses/ contact lenses
- [ ] Manual can opener
- [ ] Powdered electrolyte drinks
- [ ] Denture supplies
- [ ] Lotion
- [ ] My own clothes
- [ ] Sleeping bags/ blankets
- [ ] Other : _____

Cleaning Supplies

- [ ] Hand sanitizer
- [ ] Wet wipes
- [ ] Body wipes
- [ ] Toothette (toothbrush that looks like a cotton swab but has a foam head with “built in” toothpaste.
- [ ] Other : _____

Documents:

- [ ] Extra identification items
- [ ] Copies of legal documents
- [ ] Copies of medical documents
- [ ] Copies of insurance, SSN, Medicare/Medicaid
- [ ] Credit/ debit cards

Telephone Numbers of:

- [ ] Primary contact people
- [ ] Doctor
- [ ] Medic Alert + Alzheimer's Association Safe Return 1-800-625-3780
- [ ] Aging services Agency
- [ ] Other : _____

Loved One's Favorite Items

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

HANDOUT FOR SEARCH PARTY

Name of Missing Person : _____

Other names Missing Person goes by : _____

All language's spoken : _____

Lives at: _____

- Has dementia, is missing.
- May be in danger or put others in danger
- No one must argue or reason with Missing Person, otherwise situation may worsen.

Name and relationship of Caregiver : _____

Phone : _____

Home base : _____

This person will remain at (or return) to the house in case missing person returns (name, relationship, phone) : _____

_____

_____

_____

Missing Persons Registry :

Safe Return (MedicAlert + Alzheimer's Association) : 1-800-625-3780

Silver Alert (Phone) : _____

Other Registry (name, phone) : _____

_____

_____

What Missing Person Looks Like

Approximate date of most recent photo : _____

Type of photo and who has it:

Print : _____

Computer : _____

Flash drive : _____

Smartphone : _____

Tablet : _____

Social media : _____

Age: _____

Height : _____

Weight : _____

Eye color : _____

Beard/Mustache : _____

_____

Hair (color & style) : _____

_____

Skin color : _____

Physical marks (where they are what they look like) : _____

_____

_____

_____

Missing Person was last seen wearing:

_____

_____

_____

Medical Health :

- ☐ Blood type _____
- ☐ Eyeglasses
- ☐ Dentures/Dental work
- ☐ Hearing aids
- ☐ Walking cane
- ☐ Walker
- ☐ Allergies
- ☐ Medications
- ☐ Diabetic

Can think and make decisions :

☐ a lot ☐ sometimes ☐ very little

The car/truck/SUV is missing :

Color : _____ **GPS :** _____

Make/Model : _____ **Things about the vehicle that would make it easier to find:** _____

_____ _____

State/ License plate : _____ _____

_____ _____

Good ways to approach the Missing Person:

1. _____
2. _____
3. _____

The best person to do it is (name, relationship, phone) :

_____

_____

Missing Person may panic if :

_____

_____

Good ways to encourage the Missing Person to go home :

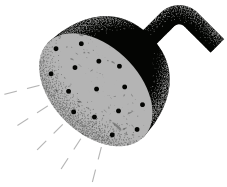
1. _____
2. _____
3. _____

Places the Missing Person is likely to go if they want to be alone :

1. _____
2. _____
3. _____

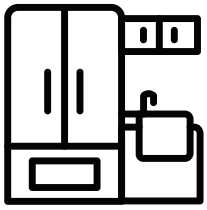
Senior Home Safety Checklist

01 Bathroom Safety



- Install a shower bench for seniors who have trouble standing.
- Non-skid mats or strips to prevent slipping.
- Clearly marked lever handles for hard-to-turn faucets.
- Install grab bars near toilets and showers.
- Consider walk-in tub for seniors who have trouble getting in the bath.
- Install a raised toilet seat to help with standing and bending.

02 Kitchen Safety



- Install automatic shutoff timers for ovens and stoves.
- Move curtains, paper towels, and fire hazards from range.
- Add lever handles and temperature controls for faucets Install finger-safe garbage disposal covers.
- Consider pull-down shelves, or move most used products forward.
- Keep knives and sharp items in blocks or holders, not loose.

03 Bedroom Safety

- Install bed rails and adjust bed height for fall prevention.
- Remove trip hazards like area rugs and cords.
- Install accessible light sources near the bed and nightlights.
- Place medical alert device and charger near bed.
- Set up bedside toilet if needed.
- Add a sturdy chair for dressing and support.