



FAMILY CHECKLIST:

Reducing Hospital Stress for a Loved One with Dementia

Important Information to Share with Staff

- ☐ Diagnosis and stage of dementia (if known)
- ☐ Typical daily routine (wake/sleep, meals, toileting)
- ☐ Communication preferences and sensory issues
- ☐ Known triggers and calming strategies
- ☐ Medication list and known side effects
- ☐ Emergency contacts and legal documents (POA, etc.)
- ☐ Completed 'All About Me' or Life Story sheet

Familiar Comfort Items to Bring

- ☐ Favorite blanket or stuffed item
- ☐ Family photos or memory book
- ☐ Music player with preferred playlists
- ☐ Glasses, hearing aids, dentures – labeled
- ☐ Scented lotion or familiar soap (if tolerated)
- ☐ Favorite snacks or drinks (if allowed)

Making the Room Feel More Familiar & Friendly

- ☐ Ask for a private or quiet room if available
- ☐ Place family photos or signs in the room
- ☐ Use large-print signage or door labels
- ☐ Keep lighting soft and natural when possible
- ☐ Post a whiteboard or print schedule for orientation
- ☐ Provide a clock and calendar in easy view
- ☐ Request consistent staff when possible

Ways to Reduce Stress for the Person with Dementia

- ☐ Visit during their best time of day
- ☐ Use Positive Physical Approach™ (PPA) when visiting
- ☐ Speak slowly and offer reassurance frequently
- ☐ Avoid correcting or arguing – redirect gently
- ☐ Encourage use of Hand-under-Hand® for physical care
- ☐ Advocate for non-drug responses to distress

If You Can't Be There in Person

- ☐ Provide a written 'How to Help [Name]' tip sheet
- ☐ Schedule daily video calls or check-ins
- ☐ Arrange dementia-trained home care aide if allowed
- ☐ Leave pre-recorded voice or photo messages
- ☐ Stay in regular contact with nursing or case manager



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