



## UNITED KINGDOM VISIT CHECKLIST

### Family Carers Supporting a Person Living with Dementia

This simple checklist helps you prepare for a full day out, making sure your loved one is comfortable, safe, and well cared for.

#### **Medication & Health**

- All medication needed for the day
- Medication list and times
- Medical info card (name, condition, allergies)
- Pain relief if prescribed
- Tissues and hand sanitiser

#### **Food & Drinks**

- Main meal(s)
- Snacks (familiar favourites)
- Drinks (water, juice, tea)
- Food thickener (if needed)
- Special cup or cutlery (if used)

#### **Personal Care**

- Incontinence pads (plus spares)
- Wipes and barrier cream
- Change of clothes
- Bags for used pads or clothes

#### **Comfort & Familiar Items**

- Comfortable clothes and shoes
- Jumper, coat, or blanket
- Glasses and/or hearing aids
- Something familiar for reassurance (photo, scarf, soft item)



## **Safety & Essentials**

- ID card or bracelet
- Emergency contact numbers
- Mobile phone (fully charged)
- Portable charger (if possible)

**Tip:** Take your time, keep routines familiar, and allow for rest breaks. It's okay to change plans if your loved one becomes tired or unsettled.