



UNITED KINGDOM VISIT CHECKLIST

Professional and Paid Carers Supporting a Person Living with Dementia

This checklist supports professional carers to safely and respectfully assist an individual living with dementia. Adjust items based on individual care plans and risk assessments.

1. Medication & Clinical Needs

- All prescribed medication for the day (original packaging)
- Medication Administration Record (MAR) or written schedule
- PRN medication with clear guidance
- Details of allergies, diagnoses, and GP contact
- Personal protective equipment as required (gloves, sanitiser)

2. Nutrition & Swallowing Support

- Meals prepared according to care plan
- Food thickener with correct consistency guidance (IDDSI level)
- Specialist cutlery or adaptive equipment
- Nutritional supplements if prescribed
- Bibs, napkins, and wipes

3. Hydration

- Adequate fluids for the duration of the event
- Thickened fluids where indicated
- Appropriate drinking aids (spouted cup, two-handled cup)
- Monitoring intake and encouraging regular drinks

4. Continence & Personal Care

- Sufficient incontinence pads for the day plus spares
- Disposable bed/chair pads
- Barrier creams and cleansing wipes
- Full change of clothing
- Disposable bags for waste and soiled items



5. Comfort, Dignity & Emotional Wellbeing

- Weather-appropriate clothing and footwear
- Familiar or sensory items for reassurance
- Awareness of known triggers and calming strategies
- Planned rest breaks and access to a quiet space

6. Safety & Risk Management

- Personal identification and emergency contact details
- Mobile phone fully charged
- Portable charger
- Falls risk awareness and mobility aids if required
- Clear plan for managing distress or disorientation

7. Documentation & Communication

- Individual care plan and risk assessment (if required)
- Record of medication administered
- Notes on food/fluid intake and continence care
- Incident reporting procedure awareness

Professional reminder: Maintain dignity, promote choice, and adapt plans according to the person's needs and wellbeing throughout the day.