

# Emergency Planning for Dementia Caregivers

This form assists caregivers in reducing confusion, agitation, and fear during emergencies by preplanning designated safe and calming spaces.

The form assists the planner in supporting emotional regulation, physical safety, and routine continuity for the person with dementia.

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## I. Pre-Planning the Calming Place

### ☐ Select the Right Location

- Choose a quiet, easily accessible room in the home or facility.
- Avoid areas near loud appliances, windows, or heavy foot traffic.
- Remove or cover mirrors

### ☐ Assess for Safety

- Remove trip hazards and sharp objects.
- Ensure the area can be locked or secured (if necessary) but not completely isolate the individual.

### ☐ Create Familiarity

- Use comforting, recognizable objects: photos, favorite blankets, a familiar chair.
- Maintain consistent lighting, color schemes, and scent (lavender or vanilla).

### ☐ Add Soothing Elements (consider a portable kit)

- Soft lighting or battery-powered candles.
  - Relaxing music playlist or white noise machine.
  - Textures for tactile comfort (pillows, soft fabrics).
  - Calming visuals (scenic posters, family photo collage).
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## II. Training & Practice

### ☐ Routine Drills

- Practice using the calming space in non-emergencies to make it familiar.
- Include it in home emergency drills.

### ☐ Care Team Communication

- Make sure all household members or care staff know the purpose and set up of the calming space.

### ☐ Update Regularly

- Refresh supplies and evaluate effectiveness after any stressful event.

### III. During an Emergency

#### ☐ Escort the Person Calmly

- Use gentle language, avoid rushing or startling them.
- Offer reassurance and touch if appropriate.

#### ☐ Use Familiar Tools

- Turn on preferred music or sensory items.
- Engage in comforting activities.

#### ☐ Monitor Behavior

- Watch for signs of distress: pacing, agitation, confusion.
  - Use distractions or comfort strategies as needed.
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### IV. After the Emergency

#### ☐ Return to Routine Quickly

- Resume familiar daily activities as soon as possible.

#### ☐ Debrief with Support System

- Share what worked and what didn't.
  - Adjust the calming place and plan accordingly.
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### V. Emergency-Specific Considerations

#### ☐ Supplies for Comfort & Distraction

- Emergency kit with dementia-friendly items (snacks, water, meds).
- Activity box: puzzles, magazines, fidget items, picture books.

#### ☐ Emergency Information Sheet

Name

Medication List


Allergies


Emergency Contact

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Phone Number

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☐ **Backup Power or Light Sources**

- Flashlights or lanterns (avoid strobe features).
- Battery packs for calming devices (e.g., white noise machine).

☐ **Caregiver Tools**

- Simple scripts to explain what's happening (e.g., "We're safe here while helpers fix the problem.").
- Calming techniques: redirection, handholding, rhythmic breathing.

## Brief “About Me” Page to Help First Responders

Name

Preferred Name

### ☐ **My Needs**

- ☐ I have dementia, which means I may become confused, frightened, or disoriented during emergencies.
- ☐ I may have difficulty understanding instructions or remembering what is happening.
- ☐ Loud noises, fast movements, or too many people speaking at once can overwhelm me.

### ☐ **How You Can Help Me**

- ☐ Speak slowly and calmly with short, simple sentences.
- ☐ Make eye contact and use my preferred name.
- ☐ Offer reassurance (“You are safe,” “I’m here to help you”).
- ☐ If possible, keep a familiar family member/caregiver close to explain what’s happening.
- ☐ Allow me extra time to respond to questions or follow directions.
- ☐ Avoid arguing or correcting me if I seem confused — gentle redirection works best.

### ☐ **I May Feel Calmer if I Have My Familiar Items**

  
  

## Emergency Contacts

Primary Name/Phone

Secondary Name/Phone

## Current Photo (up to date, standard)