

THE DEMENTIA ROADMAP

Important Information About My Loved One

A simple guide to help others understand the person, not just the diagnosis.

Preferred name / what I like to be called: _____

Date of birth: _____

Primary caregiver: _____

Best caregiver phone number: _____

Relationship: _____

WHO I AM

Important people in my life: _____

Things I enjoy / hobbies / favorite topics: _____

Music, TV, sports, faith, pets or memories that matter to me: _____

MY DAILY LIFE

My usual morning routine: _____

My usual afternoon / evening routine: _____

Things that help me feel comfortable and secure: _____

Things that may upset, frighten or frustrate me: _____

HOW I COMMUNICATE BEST

Words, phrases, gestures or cues I commonly use: _____

What helps when I am confused, anxious or repeating myself: _____

Things that usually make communication harder: _____

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How to Care for Me

Practical details that can make care safer, calmer and more personal.

MEALS & DRINKS

Foods I enjoy / foods I avoid:

Favorite drinks / hydration preferences:

Eating assistance, swallowing concerns or helpful mealtime routines:

PERSONAL CARE & MOBILITY

Walking, transfers, mobility aids or fall considerations:

Toileting assistance / bathroom routine:

Bathing, dressing, grooming or personal-care preferences:

SLEEP & SAFETY

Usual bedtime / nighttime routine:

Nighttime waking, wandering or other safety concerns:

What usually helps me settle or return to bed:

WHEN I AM DISTRESSED

Signs I may be overwhelmed, uncomfortable or in pain:

Calming approaches that usually work for me:

Approaches, words or situations to avoid:

IMPORTANT CONTACTS & NOTES

Primary caregiver / phone:

Secondary contact / phone:

Other important information I want you to know:

This printable is intended to support communication and person-centered care. It is not a substitute for medical records or professional medical advice.

The Dementia Roadmap | Guidance. Support. Hope. | Page 2 of 2