



Home care in Thailand: your set-up checklist

Home care vs nursing homes: choose, set up and back up your care. Your doctor's advice comes first.

Emergency: call **1669** (free, 24 h). Also save your hospital ambulance number. Tourist Police: **1155**.

1. Check what you need

- ☐ Barthel ADL score done (12-20 part-time; 5-11 daily; 0-4 round the clock)
- ☐ Falls, nights, memory or living alone? Add hours
- ☐ Doctor asked: is it safe to be alone, and for how long?

2. Choose the hours (Elder Thai, per day)

- ☐ 4 h 1,200 THB (36,000 / 30 days): shower, meals, medicines
- ☐ 8 h 2,200 THB (66,000): daytime help and outings
- ☐ 12 h 2,500 THB (75,000): day until bedtime
- ☐ 24 h 3,500 THB (105,000): live-in; two 12-h shifts if awake nights
- ☐ Start lower; review after 2 weeks

3. Comparing a nursing home?

- ☐ Licence from Dept of Health Service Support seen
- ☐ Staff ratio asked (legal minimum 1 carer : 5 residents)
- ☐ Itemised written quote: medicines, pads, doctor, oxygen extra?
- ☐ English-speaking staff on nights too?
- ☐ Visit unannounced at a mealtime

Call 1669 now: face, arm or leg weakness or slurred speech; chest pain or severe breathlessness; fall with head injury or cannot get up; sudden confusion or very hard to wake.

Call your doctor today: fever, new cough or burning urine; new confusion; eating or drinking much less; red patch on hips, heels or bottom; any fall; missed or doubled dose.

4. Prepare your home

- ☐ Clear path bed to toilet; mats removed; night lights
- ☐ Grab bars, shower chair, non-slip mat
- ☐ Hospital bed rented if mostly in bed (from ~4,500 THB/month)
- ☐ Commode, walker or wheelchair bought (Lazada / Shopee)

5. Backup and shifts

- ☐ Replacement caregiver ready (Elder Thai: always)
- ☐ Weekly day off agreed (Thai rule: 1 day a week)
- ☐ Written answer: who comes if the caregiver is sick?
- ☐ One-page care plan on the fridge, English + Thai
- ☐ Neighbour with key; call button or fall watch

6. Medical layer

- ☐ One hospital chosen; HN number and records registered
- ☐ Visiting nurse for dressings, catheter, injections
- ☐ Doctor home visit or telemedicine app set up
- ☐ Home physio booked if after fall, stroke or surgery
- ☐ 1669 and hospital ambulance number saved

My address in Thai (for 1669):

ต้องการรถพยาบาล มีผู้สูงอายุไม่สบาย
ที่อยู่คือ _____