



Dementia care at home: your checklist

Diagnosis, safety, wandering, legal papers and care hours in Thailand. Your doctor's advice comes first.

Emergency: call **1669** (free, 24 h). Missing person: police **191**, Mirror Foundation **095-631-1914**.

1. Diagnosis

- ☐ Memory clinic or neurologist booked (bring someone who knows you)
- ☐ Tests in your strongest language; blood tests; CT or MRI
- ☐ All medicine packets taken for a review
- ☐ Written estimate asked (private: ~5,000-40,000 THB)

2. Legal and money (do it now)

- ☐ Thai bank asked how a trusted person can help you
- ☐ Caregiver budget paid by standing order
- ☐ Thai will; chosen guardian named in writing
- ☐ Living will (Section 12) in Thai + English
- ☐ Visa paperwork handed to someone you trust

3. Home safety

- ☐ Gas valve / induction hob with auto shut-off
- ☐ Door chime; security desk told who to call
- ☐ Grab bars, shower chair, safe hot water
- ☐ Medicines locked; weekly pill box
- ☐ Clock with day and date; night lights; labels

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

Call your doctor today: confusion suddenly much worse; fever, cough or burning urine; eating or drinking much less; no bowel movement 3 days; new hallucinations or aggression; missed or doubled dose.

4. Wandering plan

- ☐ ID bracelet + GPS watch or pendant (~2,500-3,200 THB)
- ☐ Recent photo on caregiver's phone
- ☐ Missing? Police 191 at once, Mirror Fdn 095-631-1914

5. Caregiver hours (Elder Thai, per day)

- ☐ Early: 4 h 1,200 THB (36,000 / 30 days)
- ☐ Middle: 8 h 2,200 or 12 h 2,500 THB
- ☐ Late: 24 h live-in 3,500 THB (105,000 / month)
- ☐ Up most nights: two 12-h shifts
- ☐ Replacement caregiver ready; review every 3 months

6. Care plan on the fridge

- ☐ Name you like; routine; what calms / upsets you
- ☐ Medicines, allergies, doctor, hospital, HN number
- ☐ Address in Thai; emergency contacts

My address in Thai (for 1669):

ต้องการรถพยาบาล ผู้สูงอายุมีภาวะสมองเสื่อม
ไม่สบาย
ที่อยู่คือ _____
