



LAUNEX LTD

Coaching & Training

Empowering with Clarity & Confidence

2025

Launex Dementia Care Support

Launex Care Pack

**Knowing a little is not enough
when someone depends on you.**

Each insight connects to the
*Dementia Care & Understanding –
A Family Pathway Course.*

**From First Signs
To End-of-Life
And Beyond**



Emergency Contacts

Keep this sheet where it is easy to find. Write down key contacts so you and others always know who to call first.

Contact Type	Name	Phone
NHS Number		
GP / Doctor		
Specialist / Consultant		
Hospital		
Pharmacy		
Care Agency		
Family Contact 1		
Family Contact 2		
Neighbour / Friend		



Medication Tracker

Keep this sheet where it is easy to find in emergencies. Track medications, dosages, and times to ensure nothing is missed.

Example:
XXXXX 2 tablets 10mg 2 x Morning 01/01/2024

Medication	Dosage	Strength	Taken When	Started



GP Appointment Journal

Use this page to keep track of appointments, questions to ask, and follow-up actions.

Date	Doctor / Clinic	Notes	Follow-up



Daily Care Log

Log daily routines, moods, meals, and behaviours for consistency and handovers.

Date	Time	Notes
Sleep		
Meals		
Hydration		
Mood/Behavior		
Activities		
Needs Identified		
Carer		



Weekly Planner

Plan upcoming appointments, visits, and reminders for the week ahead.

Day	Appointments / Visits	Reminders / Notes
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		



Where Do I Need Help?

Identify areas where you may need support — emotionally, with tasks, or medically.

Area	Notes
Emotional	
Tasks	
Medical / Equipment	
Other	



Carer Wellbeing Check-in

Use this page to reflect on your own wellbeing and self-care as a carer.

Date	Mood (1-10)	Sleep Hours	Stress Level (1-10)	Self-Care Done	Notes
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					



Legal & Documents Checklist

Record where important documents are kept so they can be found when needed.

Document	Location	Notes
Care Plan		
Medical History		
DNR Form		
ID / Passport		
Power of Attorney		
Financial Papers		
Will		
Other		