

Please read through these and the person can tell you which one she/he needs. It is quicker if you check the category with them first e.g. A, B, C or D

A. Emergency / IMPORTANT!

1. Call my husband
2. Call Paramedics
3. I need medicines
4. Toilet
5. Drink

B. Wash related

6. Wipe my face
7. Wipe my nose
8. Wipe my mouth
9. Brush my teeth
10. Wash my hair
11. Brush my hair
12. Put Vaseline on my lips
13. Medicines

C. Comfort

14. I am uncomfortable
15. Move my arms
16. Move my legs
17. Move my head
18. Reposition me

D. Food / drink

19. I need a drink
20. Cup of tea
21. Cup of coffee
22. Juice
23. Water
24. Yoghurt
25. Soup
26. fruit
27. Please feed me
28. I have food stuck in my teeth