

PATIENT INFORMATION

Support During a Hospital Stay

Information for People with Dementia and Their Carers

Do you care for a relative or a friend with Dementia?

We know that the care and support of people living with dementia is often delivered by family members and friends. We would therefore value your assistance in developing a care plan that aims at improving the experience of being in hospital for your relative or friend. To help us with this, we use a **'Patient profile'**, or **'This is me'** document.

This document is available in all areas either as a leaflet or printed copy. This enables carers to provide information to develop and inform the care plan. Information that helps includes:

- What is the person able to do themselves?
- What areas do they need assistance with?
- Are there any communication issues? Are they able to ask for what they want or follow instruction? Are they able to understand and answer simple questions reliably?
- Are there any sensory issues, hearing or eyesight problems?
- Does the person become anxious, hallucinate or 'wander'? What can cause this and what do you do to support the person?
- What are their eating habits, what do they eat, how much and how often?
- What is their usual sleeping pattern and what is their bedtime routine?
- What is important to them? Some idea of who they are as a person would enable the staff to be able to develop a relationship and communicate especially if the person becomes distressed.

We are aware that hospitals can be frightening environments for the person with dementia or confusion. With your information we can offer some activities tailored to

your relatives' interests such as drawing, puzzles and reading. Some wards offer a lunch club with shared dining, reminiscence games and chat, and music chosen by those attending.

Familiar things may also help a person to settle in this challenging environment and you may wish to bring in things like:

- Favourite toiletries.
- Slippers/shoes.
- Nightwear/dressing gown.
- Favourite cup or cutlery.
- Music.
- A cuddly toy or a sensory item, a tactile object or photographs.
- Familiar continence wear. (We provide pads, but pants may be preferred by your relative) and comfortable clothing

Your rights as a Carer

When your relative is in hospital, you may wish to continue with a caring role. This does not mean you have to be in the hospital the whole time. You may also wish to use the opportunity to take a break from this difficult role. Please discuss this with your ward nurse and we will support your needs. You may visit outside usual hours if you wish to support with feeding, or if your relative is often unsettled at certain times and you feel your presence will help. Registered carers can use their carer card to validate their parking ticket at the main entrance reception desk so no fee is payable. Please talk to a member of staff if you have any concerns, or wish to give feedback or suggestions.

Useful Contacts

Dementia link Nurse / Dementia Champion on your ward is

Dementia Education team - tsdft.dementiaeducation@nhs.net

Alzheimer's Society www.alzheimers.org.uk

The Patient Advice and Liaison Service (PALS) on tsdft.feedback@nhs.net
or telephone **(01803) 655838**

For further assistance or to receive this information in a different format, please contact tsdft.dementiaeducation@nhs.net, who created this leaflet.