

What should I be aware of?

Please remember that you are responsible for your own actions whilst helping to care for your relative/friend.

Please talk to the staff about any rest breaks you require and let the nurse in charge of the ward know when you arrive and when you leave.

Support is available for you as a Carer to help plan for discharge of your relative/friend.

Remember, the staff will be responsible for the care and treatment of the person as they would for all other patients on the ward.

Help and support is also available for Carers at the following contacts:

Torbay Signposts: 01803 666620
Devon Carers: 08456 434435

Help and Support

If you feel you would like to help, please talk to the person in charge of the ward. They will welcome your offer and give you advice and guidance.

Hospital: _____

Matron: _____

Contact Tel: _____

Dementia Champions:

This document can be made available in other languages and formats. For more information telephone 01803 219700



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Partners in Care

Information for those Living with Dementia

Community Hospitals



Bay House
Nicholson Road
Torquay
TQ2 7TD

Tel: 01803 219700
Fax: 01803 219893

Right Care, Right Place, Right Time

Are you caring for a relative or friend with Dementia

We know that family Carers have an important role in the effective, safe treatment and care of patients, be they relatives or friends.

Whilst in hospital, we would like to support you in the care that you give.

We appreciate that this is a stressful time for you as a Carer and you may not want to do more than visit your relative or friend. However, if you wish to continue to care whilst your relative or friend is in hospital, do talk to the staff on the ward.

How can you help?

- Fill in the 'This is Me' form to assist with the development of a personalised care plan for the patient. The nurse should give you the form when your relative or friend is admitted.
- Bring in familiar objects from home such as photos of family members or pets.
- Talk to the staff on the ward about what caring role you would like to be involved with whilst your relative / friend is an in-patient.
- Give staff information about the patient's routines and preferences that will make their stay as easy as possible.

You may wish to help with the following:

- Giving support and encouragement at mealtimes.
- Helping the person you care for to keep up their fluid intake.
- Helping with personal care, for example, hair, nails or make-up.
- Supporting them to have some exercise, if they are well enough.
- Checking on hearing aids and cleaning spectacles.
- Talking about enjoyable pastimes or bringing in items from home to occupy the person's time.