

Advance Care Planning

Advanced Care Planning is about discussing and documenting your future medical care.

It is advisable to discuss and prepare an Advance Care Plan to ensure your wishes are known. It is advised to discuss this with your GP.

If you or the person you are caring for, have an Advanced Care Plan take it to hospital and talk to the treating doctor about it.



Unplanned admissions

It is a good idea to keep an up-to-date list of medications and dosages. An **Emergency Kit** is available from Carers NSW for this purpose.

Delirium

Delirium is a common medical problem, which can happen when a person is unwell. When delirium occurs people are more confused and may be either very agitated or quiet and drowsy. Please notify staff if you notice any changes in behaviour, or if changes to behaviour have occurred on previous admissions to hospital.

If a person experiences delirium it may recur if they become unwell again.

Helpful Contacts:

Alzheimer's Australia offers support, information, education and counselling.

- **National Dementia Helpline**
1800 100 500

Carers NSW 1800 242 636

Commonwealth Respite and Carelink Centre
1800 052 222 (a/h 1800 059 059)

Dementia Advisory Service

Provides information and support for individuals and carers in the community

- Bankstown, Liverpool, Fairfield
8717 1600 // 0434 181 952 // 1800 455 511
- Campbelltown, Camden, Wollondilly
4654 6062 // 1800 728 968
- Wingecarribee
4869 5651

Dementia Behaviour Management Advisory Service - DBMAS

24hour number - **1800 699 799**

My Wishes – Advanced Care Planning

<http://www.sswahs.nsw.gov.au/SSWAHS/myWishes/default.html>

With thanks to:

Alzheimer's Australia
Department of Health & Ageing
North Coast Health Service
Northern Sydney Central Coast Health Service
CNC Dementia & Dementia Network. SSWAHS

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Dementia or Memory Loss

Carers Information about Hospital Admission



Health
South Western Sydney
Local Health District

Dementia and Hospitalisation

A hospital admission can be daunting for anyone, especially for a person with memory loss.

Let hospital staff know, that your relative/friend has memory loss or dementia.

These ideas may help with settling into hospital:

- Bring along a bag with familiar clothes, general information and emergency family/ carer contact numbers.
- Familiar activities may reduce boredom, wandering and agitation.
- Bring in their hearing aids, glasses and dentures
- Bring small familiar bedside items e.g. a picture, a clock
- Regular visitors can make a difference to their emotional wellbeing Avoid overstimulation by considering a visiting roster
- Reassure your family/friend about their hospitalisation
- Use a clear, calm voice and short sentences
- Encourage and assist with food and fluids – as patient is allowed. Position yourself close to the patient

Writing down ideas can be helpful such as;

Consider the TOP 5

- Patients preferred name
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- Likes and dislikes
-

- Preferred Routine
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- Advise about settling during the night
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- Showering and toileting routine
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- Consider using a message book by the bedside
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- Let staff know who you wish to be contacted if the patients becomes unsettled
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- Negative behaviours and the best management strategies
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Avoiding a fall in hospital

To reduce this risk:

- Report all previous falls to staff
- If walking aides or hip protectors are used at home – take them to hospital
- Bring in shoes suitable and safe/ comfortable clothing for walking
- Assistance or supervision may be needed with walking, toileting & showering
- Place personal items within reach – water jug, cup, buzzer

Going home from hospital

Older people and people with dementia or delirium take longer to recover from illness than they may have previously.



Discharge

Ask staff to write down:

- Any changes in medications
- Follow up appointments
- Any instructions

A discharge letter will be given to you to take to your GP.

Accept on-going support for as long as it is available or until it is no longer required.

If you feel you need help at home request to meet with the Social Worker while still in the hospital.