

## If you require a special edition of this leaflet

This leaflet is available in large print. Arrangements can also be made on request for it to be explained in your preferred language. Please contact the Patient Advice and Liaison Service (PALS) email: [pals.office@rjah.nhs.uk](mailto:pals.office@rjah.nhs.uk)

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### Hospital Stop Smoking Service

For advice and information on quitting smoking, please contact the Hospital Stop Smoking helpline: **01691 404114**

# Information for patients, relatives and carers Dementia Care



# Dementia and Memory Problems

The Robert Jones and Agnes Hunt  
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[www.rjah.nhs.uk](http://www.rjah.nhs.uk)

## Welcome

The aim of this leaflet is to help you and your family/carers understand the support you can expect whilst in hospital and to answer any frequently asked questions.

We understand that admission to hospital can be a disorientating and unsettling time for anyone but this can be a bigger challenge if you have dementia. We appreciate that hospitals are busy places and that this can be overwhelming at times. We want to support you and your family/carers, to reduce any anxiety.

We will ensure that you and your family/carer are treated with dignity and respect at all times, and will assist you to maintain your well-being and to support your decision making. It is important to us that if there is anything you are worried or concerned about you ask any member of the Trust team. If they cannot answer the question themselves they will guide you to the right person to ask.

The Trust is a member of the Butterfly Scheme (which we will explain later on in this leaflet) and all wards and departments have butterfly champions who can support you and your family with any differing needs.

## Carer Passport For Family Members

As the relative and/or carer of: .....  
I have been given additional permission to:

(Tick as appropriate)

- Visit out of normal visiting hours.
- Provide assistance in washing and dressing.
- Provide assistance in feeding.
- Provide assistance with moving and handling.
- Be actively involved in team meeting discussions, and planning the discharge where appropriate, about the person I care for.
- Provide support to the person I care for when having investigations in the hospital.
- Provide support to the person I care for when attending the anaesthetic and recovery department prior to & following surgery

I will inform staff if I am entering or leaving the ward outside of normal visiting hours, I understand that, at times, I may be asked to leave the ward or bay if there is a clinical necessity.

I agree that, if I am assisting with feeding, washing or mobilising that staff may work alongside me to fulfil their clinical responsibility.

During your relative's stay at the Robert Jones & Agnes Hunt Orthopaedic Hospital NHS Foundation Trust you will have access to:

- Discounted car parking tickets.
- Regular liquid refreshments.
- A discount when purchasing hot food at the hospital canteen (Denbigh's)
- Flexible visiting hours.

Signed: ..... (Relative or Carer)

Authorised by: ..... (Senior ward sister/Charge Nurse)

Ward: .....

Date issued from: ..... to: .....

## Family and Carers

We are committed to providing safe high quality care to all individuals that are admitted to the hospital and want to ensure that being admitted with dementia, or developing a delirium during your admission does not affect the standard of care you receive.

We have open visiting times within the trust but as the relative/carer of a patient living with dementia we wish to extend this and welcome you to attend at any time. We will facilitate family/carers accompanying their loved one to theatre, for tests such as x-ray or scans, if you want to be present during ward rounds or to support with meals. Please discuss with the nursing team on the ward anything you feel will support your loved one - we value your input.

There is lots of support out there for individuals and their family/carers living with dementia. You can find information and help at: [www.alzheimers.org.uk](http://www.alzheimers.org.uk) or [www.carersuk.org](http://www.carersuk.org)

## John's Campaign

This was founded after the death of Dr John Gerrard in November 2014. He had a diagnosis of Alzheimer's disease and was admitted to hospital in February 2014 at the age of 86. During his five-week stay visits from his family were severely restricted due to an infection outbreak and his condition deteriorated dramatically. People with dementia can be confused and frightened and a stay in hospital can be unnerving.

**John's Campaign** wants carers to have a right to continue to care throughout a hospital stay but this should not be seen as a duty.

**John's Campaign** focuses on people with dementia but there are many others who are frail or who have particular needs who would benefit from the nurture of a family member or trusted friend when they are in hospital.

[www.johnscampaign.org.uk/index.html](http://www.johnscampaign.org.uk/index.html)



## What is Dementia?

Dementia is the name given to a collection of symptoms including memory loss, mood changes, and problems with thinking, reasoning, decision making and communication. The symptoms occur when the brain is damaged by certain diseases. There are many types of dementia, the most common being Alzheimer's and vascular. Whilst dementia predominantly affects older people, it is not a normal part of ageing, and younger people can be affected.

Dementia is a progressive condition which will be different for every person that is living with it. Symptoms may include some of the following:

**Short term memory loss** - this may include loved one's names, significant dates and events, forgetting what happened earlier that day, forgetting the day/date etc.

**Mood changes** - individuals will have a variety of different emotions. The individual may become withdrawn, frightened or angry. People who have previously been quiet and introverted may become more outgoing. This change in personality can be difficult for loved ones to live with.

**Communication** - this can vary but can include forgetting names of items, not being able to find the right word for things, describing the function of an item rather than using the name.

There are approximately 800,000 people living with dementia in the UK - this number is set to rise to over a million by 2021.

## Diagnosis

All individuals admitted to the hospital over the age of 75 will be screened for memory problems using a simple test. If there are any concerns we will ask you GP to refer you to the appropriate memory service (outpatients) or will refer you to our support services (inpatients only).

## Other reasons for confusion

Dementia must only be diagnosed after all other causes of confusion which could be reversed have been excluded or treated.

There are many reasons for a sudden onset of confusion or worsening of minor memory impairment. This can be due to an infection in the body such as urinary infection. Some medication can cause confusion, for example pain killers. This is known as delirium and once the source has been found and either treated or stopped it will resolve. Delirium does not mean you have or will go on to have dementia. This can be very frightening for the individual and their family/carer. Please discuss any concerns with the nursing teams.

Depression has similarities to dementia such as mood changes, and forgetfulness but is unrelated to dementia and once diagnosed can be treated.

Individuals that are living with dementia can develop a delirium which may result in a temporary worsening of their condition. Likewise individuals living with dementia can also become depressed. If you or your family/carer has any concerns ask your doctor or nurses.

## Butterfly Scheme

The Butterfly Scheme is an opt in scheme for people with cognitive impairment. It is a scheme which includes using a discreet butterfly symbol on your armband and having one on your name board.



This will allow us to follow a special response programme to ensure we support you in the correct way. Please refer to Dementia and Memory support – the butterfly scheme leaflet.

This scheme includes a who i am sheet - which we ask you and your family/carer to complete. It is a simple tool that can tell us your likes/dislikes/preferences/and interests and key important facts to you, such as how you take your tea. There are other such tools such as a patient passport and the 'This is me' document. If you have either of these documents in use please bring them into hospital with you.

## Decision Making

There are many decisions that will need to be made during your journey with us. This can range from giving consent for surgery or medical intervention to planning for discharge. If there are any concerns about your dementia affecting your ability to make a decision the doctor and nurses will consider undertaking a mental capacity assessment.

If this assessment confirms you are able to make the decision we will support you to do so. If it confirms that you are unable to make the decision then a decision will be made in your best interests. This will take into account your previous wishes and the views of your family/carers.