

Guidance for carers & supporters



Suggested items to bring to hospital as an inpatient:

- ✓ Your admission letter (if you have one)
- ✓ All current medication in original containers
- ✓ Day clothes and shoes
- ✓ Nightwear
- ✓ Toothbrush and paste
- ✓ Hairbrush
- ✓ Soap and shampoo
- ✓ Shaving kit
- ✓ Glasses (if applicable)
- ✓ Hearing aids (if applicable)
- ✓ A small amount of money
- ✓ Any mobility aids that are used at home
- ✓ Books/magazines
- ✓ This Is Me/Wellbeing Plans
- ✓ Original Power of Attorney documentation (if available)
- ✓ Any objects that may provide reminiscence /comfort /or in other ways significant
- ✓ Contact details of family/carers (to be kept with patient)

Things to be aware of:

- [Carer's Liaison Service](#) alongside Carers Support Centre
- Memory Café at BRI 2nd and 4th Tuesday 2.30pm- 4.30pm restaurant level 9.
- Memory Café at South Bristol Hospital on the first Thursday of the month 2pm-4pm.
- Memory Café at Southmead on Wednesdays 2pm-4pm Gate 28.
- John's Campaign gives recognition of the valuable role that carers play in the care of their loved ones (being welcomed onto the ward, being allowed to stay overnight.)
- Carer's scheme in Southmead (Free parking, access to staff restaurant). Please discuss with ward staff, at Memory Café or via [Carers Liaison Service](#).
- Dementia Champions. All wards and departments have identified dementia champions who receive additional regular training and support. Their role is to support patients with dementia and staff by promoting good practice.
- Forget-Me-Not Icon is used to identify person with Cognitive Impairment (memory problems) to help staff meet their needs.
- In Southmead they have a digital 'interactive reminiscence software' ("My Life") includes a touch screen interactive system, which can be used at the patient's bedside, and contains a huge range of photographs, video clips, radio shows, music and lyrics dating back to the 1930's.
- In the BRI wards have activity boxes available for patients to use. There is an active volunteer service, who can provide befriending, mealtime support, pets as therapy and activity engagement