

‘Forget Me Not’



SHARED CARE INFORMATION

Information to support care whilst in hospital

This is a patient held document; it should be kept with the patient at all times and returned home upon discharge.

This document provides staff looking after me with an insight into who I am and what is important to me.

It is important information that I and my family would like you to know about me to assist how you plan my care and make my stay in hospital less stressful.

This ‘Forget Me Not’ document should be completed by the person or person who knows the patient the best and wherever possible with the involvement of the person themselves.

Name..... Hospital Number.....

WHO I AM

My Name full name is: _____

I like to be known as: _____

Please place a photograph in this space _____→

Or

You can write a current description if no photograph available.



Where I am from: Not the address but the area, how long I have lived there, where I lived before.

My life so far: Education, occupation, travel, any interests I have or things I like to talk about.

My family and others important to me: e.g. Names of family members, names and relationship of people I may talk about or ask for, these may be old friends or family members and/or names and types of pets I may talk about

How do I pass the time? My interests, activities, items or topics that I find interesting, helpful or comforting

What makes me agitated or upset? Are there triggers that staff should be aware of?

If I am feeling agitated what helps?

How I express pain

Tests in hospital - If I am having investigations, bloods, x-rays, the following things may help.
(Example - distraction)

My Communication Please include anything that may help staff identify my needs.
(Is English my first language? If not are there words I might use from my first language & what do they mean?)

Hearing Aid - Yes/No - If yes - Rt Ear ☐ Lt Ear ☐ Both Ears ☐ are they with the patient?

Glasses - Yes/No - Wears glasses all the time ☐ reading only ☐ are they with the patient?

How I eat and drink and any assistance I may need

My favourite foods are:
My favourite drinks are:

Dentures? Yes/No Top/Bottom or full set
Dentures with patient? Yes/No

How I manage to wash and dress and care for myself and how I like people to help me / what I don't like

How I manage my toileting needs and any assistance I need

The following things may indicate I need the toilet:

I normally have my bowels opened

How I mobilise
Am I prone to tripping / falling?

Do I like to wander?
If yes is there a particular place I aim for?

Do I wander more in the day /night or both?

How I take my medications and any assistance I may need

Sleeping My normal sleep pattern, what helps me sleep, bedtime routines

I have made some decisions about my future care that hospital staff should know about.
Examples: Advanced directives, Lasting Power of Attorney (financial), Lasting Power of Attorney (Health & Welfare issues), Enduring Power of Attorney.

For further details medical and nursing staff should speak to:

I am taking part in a research study in relation to Dementia. Yes/No
If yes who is your research nurse contact?

If No and you (the patient) or your Next of Kin are interested in learning more about research that is being undertaken at Lancashire Teaching Hospitals please contact the Research team on 07866592097

Things Staff need to know about when they are planning my discharge from Hospital

For relatives - We want to work with you to provide the best care for our patient. How much and under what circumstance do you want to be involved in care of the patient whilst they are in hospital?

The information in this document has been provided by _____

Relationship to patient _____

Date _____

Relatives Communication Sheet

If you wish to provide us with any further information or make a comment on their current situation here in the hospital that may help us care for your family member please use this sheet. This is not intended to replace any verbal communications or conversations you may wish to have with the team of staff on the ward

[illegible]

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