

We can offer a wide range of support for you such as:

- Regular contact from ward staff to see how you are doing.
- Carers groups such as Time to Talk Support Group, Behavioural Family Therapy (BFT), City and County Carers Support Services and Nottingham City Action for Young Carers Support Services.
- Information on what to do in a crisis (phone numbers, who to talk to etc.)
- Do you need any medication information?
- Access to the Nottingham Recovery College personal development courses for yourself and/or the person you look after?
- Respite care

Please use additional paper if needed or add in any other information that may have not been asked that will help the person you care for, or any worries or concerns that you would like to add.

Any information will be valued and treated with respect.

If you have any questions please contact:

Deborah Bacon (Carers Lead) The Willows Unit, Highbury Hospital

Tel: 0115 956 0811

NH1027



Nottinghamshire Healthcare
NHS Foundation Trust

Carers at Highbury Hospital

Tell us how we can help you!



Booklet purpose and aim

Caring for someone who has come into hospital can be a distressing experience for your loved ones. It can also be a distressing time for you too.

This may be the first time your loved one has been admitted or they may have been on a ward before, we recognise that this is a difficult time and can be filled with difficult emotions.

The information that you provide to us can be very useful to enable us to get to know the person you care for; about their strengths, their triggers when they are becoming unwell and what could help them with their recovery. This can include, any information about their diet, religious beliefs, and anything else that may help us to know your loved one more.

We recognise that caring for someone can impact on your own health and wellbeing. We would like to offer you help and support to maintain good communications between you, other family members, friends and mental health services.

The knowledge, thoughts and concerns that you have about your loved one are very important to us.

About you

3. What would help you to continue to provide support for your relative/friend?

4. Is there anything that members of the care team do now or could do that is helpful?

What are your long term goals and do you know the long term goals of the person you care for?

About you

1. How has looking after someone impacted on you?

- a) What, if any, difficulties have you experienced?
- b) How have you coped with these difficulties?

2. Do you or anyone else have any personal needs or requirements?

For example do you care for others, or have physical or mental health problems yourself? Do you have concerns about taking time off work? Or feel alone?

By completing this booklet you will give us a better understanding of the person you care for and this could help reduce their distress. This booklet will also enable us to give you support too!

The information you provide to us will help the team with the patient's care plan. Such as: ward reviews, preparing for discharge and future service's delivery i.e. information sharing e.g. telephone numbers for support, crisis team etc.

Any information you share with us will remain confidential and will only be used by the relevant people involved in the person you care for.

Feedback from another carer:

"At times I try to imagine how different things might have been if the staff had realised how close we had been until the breakdown. If only someone had met me, listened to my part of the events – asked me what I needed. I do wish they had explained to me what they were doing and warned me when she was discharged. I could have been better prepared and we might still be close friends!"

Thank you for taking the time to read our 'Welcome Note.'

Please kindly complete the form in BLOCK CAPITAL letters.

Name of person you look after or support:

Your name:

Your relationship to the patient:

Your contact details:

Address:

Preferred telephone number:

E-mail address:

Which is your preferred method of contact?

Post

Phone

E-mail

5. What helps?

For example: people who they can talk to or spend time with to help with their recovery? Medication? Groups or clubs that they attended?

3. Is there anything that we should avoid?

Are there any situations where the person you care for feels unsafe and as a result starts to become unwell?

4. Has the person you care for has been in hospital before. Yes / No

If yes

- a. What has been positive or helpful about that experience?

- b. What aspects have been negative or unhelpful?

1. Can you tell us about the person you look after?

What are they like when they are well? What are (were) their likes and dislikes, hobbies, interests and things that they like doing that they may have stopped since becoming unwell.?

2. Early warning signs

Early warning signs are subtle internal signs of change that indicate that a person is becoming less well.

- What is your view on how the person you support is at the moment?
- What behaviours and feelings have you noticed that might lead towards deterioration in the person you care for?



These are some examples - please tick/circle any that are applicable to the person you care for.

- Losing interest in activities and tasks.
- Poor performance at work.
- Mood swings that are very extreme /fast and out of character .
- Self-harming behaviour, such as cutting.
- Changes in eating habits and/or appetite: over-eating, bingeing, not eating.
- Loss of, or increase in, sexual desire.
- Sleep problems.
- Increased anxiety, looking or feeling 'jumpy' or agitated, sometimes including panic attacks.
- Feeling tired and lacking energy.
- Isolating self, socialising less; spending too much time in bed.
- Wanting to go out a lot more, needing very little sleep, feeling highly energetic, creative and sociable, making new friends rapidly, trusting strangers or spending excessively.
- Hearing and seeing things that others don't i.e. paranoia.
- Other differences in perception; for example, mistakenly believing that someone is laughing at, or trying to harm them.
- Poor concentration e.g. inability to read anything and watch the T.V.
- Difficulty in speaking and not wanting to speak.
- Being forgetful more than usual.
- Indecision and making rash decisions.
- Not washing and looking unkempt or excessive scrubbing because feeling unhygienic or dirty.
- Hoarding and not cleaning their room/home or cleaning excessively.