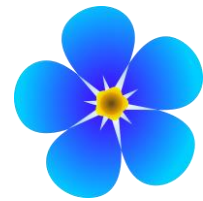




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Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



Visiting Hospital as a Carer (Leaflet)

Supporting John's Campaign

If you are caring for someone who is currently in hospital, you may find this a very worrying and stressful time. Aneurin Bevan University Health Board is committed to supporting visiting and working in partnership with carers through '*John's Campaign*'.

It is important for us to make sure that you are included in a person's care when it is appropriate to do so. Whilst recognising that some people may be unable to make decisions, we will always ask the person if they are happy for relatives and friends to be involved.

Please let the ward staff know that you are a carer for the person you are visiting.

What is John's Campaign?

John's Campaign recognises the importance of involving carers who wish to support people living with dementia when they are in hospital. As a carer, you have the right to ask to be involved.

Can I stay with someone when they are in hospital?

If you are the main carer, you can ask to stay with the person you care for throughout the day or night. However, we understand that this may not be possible for all carers and should not be seen as a duty or responsibility. Although we will try and accommodate you visiting at your preferred time, there may be times when this is not possible. The ward staff will explain this to you.

Overnight stays can be arranged in exceptional circumstances if a person's care plan identifies that this would be beneficial to them. This must be discussed and agreed with the nurse in charge. If the person's care plan identifies that carers staying overnight would be beneficial, we are unfortunately not able to guarantee that we would be able to find a bed for you to sleep on, although a bedside chair may be available.

What if I need flexible visiting outside of ward visiting times?

Although flexible visiting arrangements can be agreed, there may be times when access to a ward needs to be restricted to protect patients and visitors, for example, during pandemics. If, as a carer, you need flexible visiting arrangements, please speak to the Nurse in Charge.

Can I be involved in discussions and decisions about the person I care for?

As a carer who knows the person well, discussions with you can be very valuable to the assessment, treatment, and future discharge arrangements. Sharing your understanding of the person, for example, what is important to them, their likes and dislikes, usual routine, any language or communication difficulties etc can help the ward team to better understand the person and their needs.

Carers can help represent a person's wishes and values and what matters to them if the person cannot do that themselves. Carers can support communication by completing the "*This is me*" document for example. Carers will be able to find "*This is me*" on our internet site: [Dementia - Aneurin Bevan University Health Board \(nhs.wales\)](https://www.nhs.uk/healthcareprofessionals/this-is-me/)

Confidentiality and consent are essential before sharing any information about a person's care and treatment. The ward team will talk to you about what information they can share with you.

How can I continue to support the person I care for when they are in hospital?

Many carers wish to continue being involved in someone's care whilst they are in hospital. We would encourage carers to discuss with the ward team what support you would like to offer during the person's admission and agree together how you can be involved.

We know that many people living with dementia need support to eat and drink and often eat and drink better in the company of people they know. Support from you around mealtimes may be very beneficial.

What do I need to consider when I visit?

Please let staff know when you arrive and leave the ward. Always follow the wards advice about reducing the spread of infection, which may include the need to wear a face covering and wash your hands before and after visiting.

We ask that all carers and visitors respect the needs of the other people. This may involve leaving your own relative's bedside for a while at the request of a nurse or any other members of the clinical team.

Please check with the ward team if you wish to bring anything in for the person you are visiting. This could include food, drink, electronic gadgets etc

Please inform the nurse in charge of any concerns you may have about your relative.

What if I can't visit but still want to keep in touch?

If you are unable to visit, please let the ward staff know. This will help us to agree with you how and when you receive updates and what could be put in place to help you keep in touch with the person you care for.

Will I have access to parking at the hospital?

Free car parking is available at each of our hospital sites.

Will I be able to use the facilities such as a hospital canteen?

Please speak with the Ward team about facilities in the hospital you are visiting, as these may be different in each hospital.

What if I need support myself?

We know that carers take on a significant responsibility when caring for a loved one. As a carer you are entitled to an assessment of your own needs. For support with this please ring the Care Collective on 01495 367564 or you can email gwentcarershub@ctsew.org.uk who can let you know about the support available to you.

If you would like further information about Johns Campaign, please visit: [John's Campaign \(johnscampaign.org.uk\)](http://johnscampaign.org.uk)



ABUHB is committed to improving the care and experience of patients and carers of people with Dementia.