

Staying in Hospital



Going into hospital is difficult.



You might feel confused or frightened.

There are things you can do to make it easier.

“This is Me” Booklet



In the “This is Me” booklet you can record details about yourself.

This might be

- The important people in your life
- What keeps you calm
- Your routines
- How you communicate
- If you need help to eat.



It can help staff to create a support plan for you.



For a copy, contact Alzheimer's Society



Ring 0333 150 3456

Visit www.alzheimers.org.uk

Tell the hospital



Your dementia diagnosis might not be on your hospital record.

So tell them you have been diagnosed with dementia.



This will help them plan your care.

Butterfly Scheme



Many hospitals use a "butterfly sticker" to tell staff you have dementia.



This is so they can give you more support.



Visit www.butterflyscheme.org.uk.

Hospital Support for Carers



If you care for someone with dementia, you must tell the hospital staff.

They can give you more support.

John's Campaign

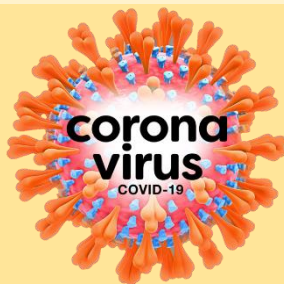


This allows carers of people with dementia to stay with them in all NHS services.

This includes A&E, community and mental health services.



Visit www.johnscampaign.org.uk.



This will not apply during COVID-19. Please check the visiting rules for the hospital.

The Carers' Lounges



When the person you care for goes into hospital, you might worry a lot.



Whilst visiting the hospital, you can visit the **Carers' Lounges**.

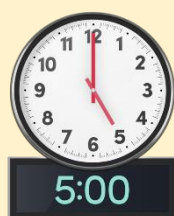


Carers in Bedfordshire, a local charity runs the Carers' Lounges.



You can talk to trained support workers and volunteers.

You can take time out, have a drink and talk through your concerns.



Opening times: Monday to Friday,
10am to 5pm.



There is a Carers' Lounge in Bedford Hospital South Wing



There is a Carers' Lounge in Luton & Dunstable University Hospital St Mary's Wing.

A flyer titled "Are you a carer?" from Luton and Dunstable University Hospital. The flyer is white with blue and green accents. It includes the NHS logo and the hospital name. The text on the flyer reads: "Are you a carer? If you are the carer of a patient currently in hospital you may need to spend a substantial amount of time here. Ask staff about a carers pack. In the pack you will find: Carers lanyard and bracelet, Carers pass, Leaflets and Feedback card, Concessionary parking forms. For more information contact the Carers Lounge or ask to speak to the appropriate Specialist Nurse (Deans or Learning Disability Nurse). The Carers Lounge is open from 10am - 5pm Monday to Friday in St Marys Wing and can be contacted on 01582 491166 ext 2362." At the bottom, there is a logo for "Working Together" with icons for a hand, a fly, a butterfly, and a clock.

Carers Pack

This is available at the Luton & Dunstable University Hospital.

Visit the Carers' Lounge for a pack.



The Carers Lounges are closed at the moment.

You can ring Carers in Bedfordshire for support on 07772 231 230.