



Hospital Stay

Alzheimer's

A stay in the hospital causes significant change to routine and environment for someone living with dementia. The lack of familiarity can leave them feeling confused, frightened, agitated or anxious.

Consider

- Check with the hospital for any visitor restrictions to allow you to better plan.
- Talk with your care team to create a scheduled rotation of visitors.

Tips

Packing List

- Advanced directives
- List of medications including Health Care and Mental Health Care Powers of Attorney
- Health insurance cards
- Assistive devices like glasses, hearing aids, canes or walkers
- Familiar items that provide comfort such as a blanket, pillow or photograph
- Activities to occupy, distract and entertain such as laptop, tablet, magazines or books
- Cell phone and charger
- A change of clothes, snacks and drinks for the caregiver

Tips

Communicate

- Just prior to leaving home, gently explain to the person that you are going to visit the hospital.
- Inform the medical staff that your person has dementia, you are their care partner to offer support, assistance and information.
- Ask for direct number to the assigned nurse and unit nursing station.
- Consider meeting with the medical provider privately, outside of the room.
- Be ready to share any services the person had prior to the hospital visit such as home health, specialist care, in-home caregivers or special equipment.
- Provide comfort in a stressful situation by speaking in a soothing tone, holding their hand, smiling and limiting noise.

Discharge

- Discuss discharge planning including:
 - Transportation
 - Any necessary equipment, devices or follow-up services
- Review discharge paperwork, medications and plans.
- Don't be afraid to ask questions.

Remember, the hospital care team is working to provide the best care for your loved one as well as many others. Patience and understanding will help everyone, especially your person with dementia.



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For more information, visit www.BannerAlz.org
or tune into our podcast, *Dementia Untangled*