







Support with Reduced Memory and Confusion

Helpful advice for patients,
carers, family and friends



We welcome your comments on
this leaflet and the services we provide.
You'll find our feedback portal in reception
and you can comment via our website.

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We provide a safe space

Many people have difficulty thinking clearly towards the end of their life and while you might initially think of conditions like dementia or brain injuries, many different illnesses can lead to problems with memory and/or confusion.

These are types of cognitive impairment. Sometimes people will display other forms of cognitive impairment, such as lack of concentration, understanding or changes in how they normally behave. This can be worrying for you, as well as your family and friends. St Columba's Hospice Care can help you by providing advice, support and a safe environment which meets your individual needs.

HERE FOR YOU

All staff at the hospice from have been given specific training and access to resources in this area of care. So if you need help with anything please just ask.

We also have a small working group of staff who are continually working towards ensuring that we are able to care for people with memory problems in a person-centred way.

HOW WE CAN HELP

The first thing we do is get to know you. We'll find out what and who is important to you so we can:

- + Include you, and those you'd like to be included, in all decision making about the care you receive
- + Find ways to help you feel secure and comfortable and make it as easy as possible for you to find your way around
- + Encourage you to bring in everyday objects and items that make you feel safe, secure and comfortable
- + Place a memory board in your room to help you remember what day it is or who might be visiting.

YOU, YOUR FAMILY AND YOUR FRIENDS

There are lots of ways that you, your family and your friends can help us care for you. Speak to any member of our team to find out more but some of the things you could do include:

Helping us record what and who is important to you in your 'About Me' booklet. Your personal 'About Me' booklet will stay in your room and give staff and volunteers working with you an insight into your world.

- + Letting us know about your usual routine at home, such as what time you like to get up
- + Letting us know about your needs with everyday care or activities, like washing and dressing
- + Letting us know about any difficulties with your sight and/or hearing
- + Bringing in familiar items from your home to help you feel relaxed, secure and comfortable. People often bring things like a clock, photos or favourite bed cover
- + Bringing in items from home that help you share past memories, stories and important life events with your visitors, staff and volunteers. People often find comfort and joy in sharing such memories.

If you would like a family member or friend to help with any aspects of your care while you're here, for example, at meal times or when having a bath or shower, please just let us know.

