

Reducing Your Risk of Needing Admission to Hospital



NEXT STEPS CHECKLIST

- Care Needs Assessment
- Carer Assessment
- Getting a PoA
- Home Adjustments
- Useful Contacts

**HELPING TO
INTERVENE EARLY
FOR BETTER
OUTCOMES**

HOW YOU CAN PREVENT THE NEED FOR EMERGENCY CARE



What is a Crisis event?

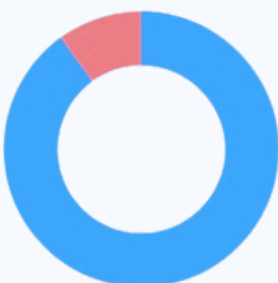
Sudden deterioration in health of people living with dementia at the point that they may require **urgent community support or hospital admission**

How Distress Can Become Apparent and Trigger the Need for Crisis Care:

- Becoming more confused or anxious
- Wandering off, getting lost
- Experiencing aggressive behaviours
- Experiencing hallucinations
- Not continuing with normal day to day events
- Patient or carer may struggle to cope

YOUR PERSONALISED RISK

TOP 10%



You are in the highest risk group (top 10%) of people living with dementia who are more likely to experience a change in your condition in the next year.

This means you may need extra support including enhanced community care or hospital admission.

What are your next steps?

1



Care Needs Assessment

Patients can receive: assistance with social care such as:

- Bathing and dressing
- Meal delivery
- Financial assistance

2



Carer's Assessment

Carers can receive:

- Caregiver breaks
- Transportation assistance
- Support groups and exercise classes
- Creation of What-if Plan
- Carer's Together Charity Support

3



Getting a Power of Attorney

For patients who no longer have mental capacity, a PoA can legally make decisions about a patient's health needs, life prolonging treatment, and finances.

4



Home adjustments

A dementia friendly home includes:

- More natural light
- Noise reduction
- Flat surfaces and handrails
- Reminders or signs
- Community Occupational Therapy



NHS mental health **111 option 2**
Dementia UK helpline: **0800 888 6678**
Dementia Support Line: **0333 150 3456**

Alzheimer's Society Website:
<https://www.alzheimers.org.uk/>