



For Carers, by Carers: Moving into a care home or hospital



This work is supported with funding from the Life Changes Trust. The Trust is funded by the Big Lottery

You may face a time when the person you care for needs more care or support than can be offered at home. They may need to go into hospital or a care home to enable treatment for health conditions or injuries or because their condition needs more specialist care. This move may be for a brief time, or it could be a permanent move.

These times can cause uncertainty for family and carers for lots of reasons. Established routines are disrupted, and this can cause anxiety for carers as well as the person with dementia. There can be guilt about the person having to move from all that is familiar, especially if they don't understand why this is happening. If you have any of these feelings, you are not alone. Many carers share these feelings.

There can also be many positive outcomes for carers after such times of change. Family carers can feel acceptance and relief that the person they care for is getting good quality professional care that the carer may not have had the skills or ability to provide. A person's stay in hospital or a care home can also provide a carer with respite from what may have been an extremely demanding 24/7 caring role. These feelings can lead to the carer having improved personal well-being.

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Speak to other carers. Their knowledge and experience will be invaluable in helping you cope with caring.

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“Try to plan for the future where you can. Your GP and Social Worker should be able to help with this.”

What carers would like to share with you:

- “It’s important to get information about your specific needs at a pace that you are ready to understand. Some people want to know everything at once, whereas others prefer to learn as they go along.”
- “You will never know all the challenges you might face– but when you need help it’s easier if you already know who to turn to and where to go for advice.”
- “A course on stress management and mindfulness techniques can help you to identify your stress triggers and provide you with strategies to deal with them during times of uncertainty.”
- “If the time comes that your loved one requires permanent residential care, make a list of criteria the person with dementia requires and take the time to visit as many care homes as you need until you find the right one for them.”
- “If the person has to go into hospital try to ensure the staff are aware of any specific needs they have. The Getting to Know Me form, available from Alzheimer Scotland, can be given to hospital or care home staff to help make them aware of their needs.”



“Try introducing the person to a care home through day services and respite stays. It can help if they are familiar with their surroundings and the staff already know them before they move in full time.”

And Did You Know?

1. The Scottish Government published Standards of Care for Dementia in Scotland to improve the quality of care, support and treatment that people with dementia receive. As a carer, you can use these standards to get the support you need for the person you care for. They can also help when you are choosing a service provider. You can find a guide to using the Standards of Care for Dementia in Scotland online at: www.alzscot.org/standards.
2. There are many occasions in which you might need advice on money or legal matters, such as arranging a will or seeking power of attorney. It is always a good idea to seek professional and expert advice. Your local solicitors or legal services agency may be able to help, but you should check they are experienced in that particular area of law.
3. The Carer's (Scotland) Act 2016 will be coming into effect in April 2018. The act is there to support carer's health and wellbeing, helping to make caring more sustainable.

