







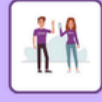





A-Z of Supporting Ageing Parents...

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|--|--|--|---|---|---|--|
|  | Accepting Help It can feel intrusive to need help at home. If possible, why not introduce a helper in a coffee shop setting first so they arrive as a friend? | Benefits Search Gov.UK to ensure you get all benefits the elderly person is entitled to and also those caring - e.g Attendance Allowance is not means tested. | Continence Don't be embarrassed, it is part of many illnesses. You can get help with pads and advice on management - ask to speak to the Bladder & Bowel team, Continence Nurse via the GP. |  | Driving It's hard to surrender the car keys. Getting lost, failure to obey signs, slow reactions, difficulty judging distance, agitation are all signs it may be time. It helps to get the GP to advise the time has come. | Eating This may be because of weakness or frailty. Don't stop going out - find someone friendly please to eat or go at quarter times. Check out mealmaking services that can also help. Ask staff to set up food in the kitchen. |
| Favourites Now is the time to indulge - favourite music, favourite photos, reminders of good times, favourite foods, favourite smells. When everything feels strange, familiarity really helps. | Going Home... An elderly person may want to "go home" even when they are home. They're often looking for security/resources. Reunite about the home they refer to, the neighbourhood, the decor, the people, the local landmarks and things - create an album. After you do that for a while, you can start to change the subject. |  | Herbert Protocol Used to work with the police in case a loved one goes missing. Preparation ahead of time is key. Download the form at www.mindspacehlp.co.uk/HerbertProtocol regardless of where you or your loved one live. | In Their World When a person has dementia or delirium, correcting them will only lead to frustration for all. Try to step into their world. Our men often want back to being "normal" but not "normal" as they would be like, but with the safe... Nutrition Within the bounds of any prescribed diet, it is more important to get some food into your loved one than the most healthy food. Water is what. Other tastes change. Surprisingly, the Speech & Language Team (SLT) is who you need a referral to. | John's Campaign You should be allowed to stay with your loved one in hospital as their family carer. Some hospitals even have "carer passports". You can help keep your loved one more settled, help them eat etc. |  |
|  | Key Safe Get a police-registered key safe outside as soon as possible. It doesn't need to be on show. You never know when someone may need to get in quickly, even if you hold a key. | Labels It is helpful to apply labels e.g. Bedroom, Bedroom, Kitchen, and place instructions for items such as microwaves and the tv remote to hand. |  | Outbursts Outbursts. Your loved one's character can change. If this happens suddenly it can be a sign of infection. If they never speak or second language, they may revert to their first language only. | Power of Attorney Get a Power of Attorney. It means the family takes precedence over the State, not the other way round. Get one for health care for financial matters. They cost about £80. Do them yourself or contact a solicitor. It is a whole different time consuming, complicated process for Deputies if you don't have Power of Attorney. | |
| Questions? Difficult questions. Your loved one may ask about their loved ones who have passed. Be not to remind them of that. A little while he may be kind. My mum's then 124 year old mother "was often" at the shops...! | Ring Doorbell A Ring doorbell is invaluable. See who is at the door so you are reassured someone is there. Also receive a notification if the door opens during the night, so you know if they "wander". Also a good feature if their phone is left the back/out charged. | Sun-downing Sun-downing - confusion can be exacerbated in late afternoon, evening. Shadows can be frightening. Making sure light comes on and curtains are closed can help. | Tech What can you add to the house? Lights that come on with movement, easy to use hand and phone, Alexa reminders, wearables to detect falls. Don't forget less high tech gadgets like frames to help them see to stand from sitting... |  | Useful Contacts Useful contacts - everywhere! In the wallet of the elderly person. By their phone, in your phone, left with a neighbour/relative. How to contact you and other family members, the GP, close friends. |  |
| Venting The loss of independence, fear of separation from a long term spouse, fears for the future all make this a highly challenging time for the elderly person. Venting is natural. If their safe space includes you, it is an honour but see the A-Z for Carers too! |  | Worries It often seems as if things that were big concerns in earlier life have passed - food poverty may lead to over-eating or hiding food. Try to settle the root cause fear. | eXtra Trying extra hard to make it right often has the opposite effect, e.g parties for special occasions are often too much. | Yoursell This is one of the hardest journeys you will ever take, supporting your aged loved one. Check out our A-Z for Carers. You need support too. | Zzzz Sleep is really important. Try to make clear when it is time for bed (digital clock, showing when it is evening, blackout curtains, alexa reminders). |  |