

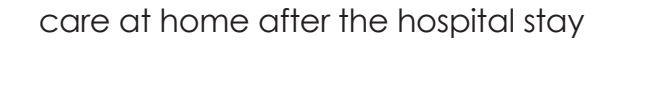
A Guide for Families



How to help your loved one in the hospital

Caregiving Pathways™

You're an important part of the care team



We invite you to join the conversation when your loved one talks with doctors and nurses.

You can help the care team get to know their patient, so they can understand:

- What's important to your loved one in the hospital and at home afterward
- The types of treatments your loved one wants and doesn't want
- Who they should talk to about providing care at home after the hospital stay

The more information the care team has, the better care they can provide — and the better they can prepare you to care for your loved one at home after discharge.

Sharing information about your loved one's specific situation

To help us provide truly personalized and holistic care, let the doctors and nurses know about situations such as dementia, depression, or hearing loss.

Conditions like these may not be noticeable right away. But they can affect your loved one's ability to manage his or her hospital experience.

Everyone has questions — just ask



There's a lot to learn during a hospital stay. When you have questions, ask the doctor or nurse: Could you help me understand something?

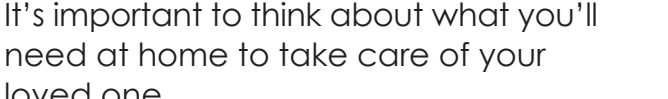
More ways you can help

There's a lot to manage in the hospital. And your loved one may be too sick to keep track of everything that happens.

Here are some helpful tips:

1. Put a notebook in the hospital room so you, your loved one, and other family members can write down test results, medication changes and side effects, what doctors say, and more.
This will also help keep track of things that are important to tell nurses but easy to forget. These include pain, bowel movements, urination, and vomiting.
2. Be in the hospital room as much as possible to help in a number of ways, such as:
 - Helping your loved one talk to doctors and nurses about the daily plan of care and any changes during the day
 - Keeping your loved one steady when walking to the bathroom or down the hall
3. Choose one family member (with the patient's approval) who will share information with others. This will help your loved one spend more time resting and less time repeating details.

Getting ready to go home



It's important to think about what you'll need at home to take care of your loved one.

Here are some helpful tips:

1. Choose one family member (with the patient's approval) who doctors and nurses will talk to about how to care for your loved one at home.
Talk to the hospital discharge planner early in the hospital stay. Ask what equipment or medications you'll need.
2. Ask for prescriptions for new medications before discharge. It's helpful to have medications ready at home so you don't need to go out to a store after your loved one is home.
3. Ask a nurse for a phone number you can call from home if you have questions. Find out what things you should call about.

If you help a family member or friend with a health condition, you're a family caregiver.

Family caregivers are important members of the care team.

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