



Hospital Stay

Alzheimer's

A stay in the hospital can cause a big change in the routine and surroundings for someone living with dementia. The lack of familiarity can leave them feeling confused, frightened, upset, or nervous.

Consider

- Check with the hospital for visitor hours to allow you to better plan
- Talk with your care team to plan a rotation of visitors

Tips

Packing List

- Advanced directives with Health Care and Mental Health Care Powers of Attorney
- List of medications
- Health insurance cards
- Assistive aids like glasses, hearing aids, canes, or walkers
- Well-known items that give comfort, such as a blanket, pillow, or photograph
- Activities to keep them busy and entertained, such as laptop, tablet, magazines, or books
- Mobile phone and charger
- A change of clothes, snacks, and drinks for the caregiver

Tips

Communicate

- Just before leaving home, gently tell the person that you are going to visit the hospital
- Tell the medical staff that your person has dementia, and that you are their care partner to offer support, help, and history
- Ask for direct number to the assigned nurse and unit nursing station
- Try to meet with the medical provider alone, outside of the room
- Be ready to share any services the person used before the hospital visit, such as home health, memory care, in-home caregivers, or special equipment
- Give comfort in a stressful place by speaking in a soothing tone, holding their hand, smiling and by lowering noise.

Discharge

- Discuss discharge planning such as:
 - Transportation
 - Any necessary equipment, devices or follow-up services
- Review discharge paperwork, medications, and plans
- Don't be afraid to ask questions

Know that the hospital care team is working to give the best care for your loved one as well as many others. Patience will help you and your person with dementia.