

Be Ready for an Emergency Department Visit

OAHR

Older Adult Hospital Readiness

Dementia Series

Emergency Department

The information you provide on these forms will help those who support you to better understand what will help you during your emergency visit stay.

Once you have filled out these forms, bring a copy with you to the hospital.

You can find the tools at:
www.alzheimer.ca

Being in a hospital can be an upsetting experience for anyone. To help make a trip to the hospital less stressful, we have created a series of handy checklists and forms for you—a person with dementia—to fill out with your family, friend, or caregiver.

coming to the hospital



being in the hospital



going home



Tools to help you

Start with the checklist on the next page. As you do the checklist, you will use other tools in the series:

- ▶ About Me and Who Knows Me Best
- ▶ My Medications
- ▶ My Wishes
- ▶ My Ready-to-Go Bag
- ▶ Plan Ahead for Going Home

Checklist

This checklist can help you and your caregiver plan for a visit to the emergency department.

Give information about me to the doctors and nurses.

- Fill out the About Me tool.
- Fill out the Who Knows Me Best tool.

The hospital staff need information about me. It will help them give me better personal care.

- ✓ Keep the information up to date.
- ✓ Keep copies handy in a wallet or purse. Give a copy to each contact person. Put one copy in the ready-to-go bag.



- Have a list of my medications for the hospital staff. Fill out the My Medications tool.**

My medication list will help the hospital staff give me safe care.

- ✓ Keep the list up to date.
- ✓ Keep copies handy in a purse or wallet. Give a copy to each contact person. Put one copy in the ready-to-go bag.



Know about my medical wishes. Use the My Wishes tool.

In the future, I may not be able to make medical decisions for myself. I want you and others to know what I want.

We can also get information about advance care planning and advanced health directives from the Alzheimer Society in our area.

Note: Each province and territory has its own rules about advance care planning and advance health directives.



Pack a bag to take to the hospital. Use the My Ready-to-Go Bag tool.

Pack this bag with important items and nice-to-have items for both of us. Get it ready now. In an emergency, the bag can go with us or with me in the ambulance.

- ✓ Put a name tag on the bag.
- ✓ Keep the bag where it is easy to see.



Plan to take my mobility aids to the hospital.

Do I use a mobility aid? For example, a cane, walker or wheelchair. It should go to the hospital with me.

My mobility aid is the right height and size for me. I know how to use it.



- Have a plan for leaving the hospital.**
Use the [Plan Ahead for Going Home](#) tool.

We can plan ahead for leaving the hospital.

- ✓ How will we get home? Who can help us?
- ✓ Will I need new supports at home?
For example, a walker or wheelchair,
bed rails, draw sheets.
- ✓ What information will we need
from the hospital staff?



- Put name tags on my ready-to-go bag,
mobility aids, and other personal items.**

Put a name tag on personal items so they do not get lost at the hospital. Try using luggage tags, key tabs, or sticky labels.



- Plan for help. Make a list of people who can take turns with you in
the hospital.**

As a caregiver, you may be at the hospital for hours. Who can help you so you can rest and eat?

More tools

You can find the tools in this series at:

www.alzheimer.ca

Where to get help and information

Active in communities right across Canada, the Alzheimer Society provides information, support and education to people living with Alzheimer's disease and other dementias, their families and caregivers.

Call 1-800-616-8816 (toll free) or go to:

www.alzheimer.ca

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