



Information for Staff

Memory, delirium and dementia are common amongst older people.

Cognitively impaired people often don't cope with a change in their environment, unfamiliar faces and changes in their routine. The added stresses of an injury, operation, anaesthetic, plaster cast, sling, drip, catheter, pain, infection and other medical problems can cause a temporary worsening of a previous dementia or memory problems. Even people who have not previously had problems can become confused after an admission to hospital.

Current evidence suggests that gathering information and understanding more about a person's "life story" will improve their experience and minimise any harm that could occur during their stay in hospital. The information in the **Read About Me** will help us have a better knowledge of the person and allow us to deliver more person-centred care.

The symbol should act as a prompt to the staff to read the patients notes. The **Read About Me** booklet contains useful information that you need to know in order to be able to respond to the person's needs.

Read About Me is for use with all patients who are cognitively impaired. If the patient lacks mental capacity to agree and to provide the information, staff should approach the close relatives, friends or others and ask for their support in completing the personalised information. If the person has an Attorney (LPA) or Court Appointed Deputy they must be involved in this decision and process. Families should be encouraged to support the scheme but they do have the right to opt out if they wish.