

To find out other ways that our Trust supports carers, visit [www.royalberkshire.nhs.uk/patients-and-visitors/accessible-information-and-reasonable-adjustments/carers-support](http://www.royalberkshire.nhs.uk/patients-and-visitors/accessible-information-and-reasonable-adjustments/carers-support) or ask for a copy of 'Information for carers and Carer Passport' on the ward.

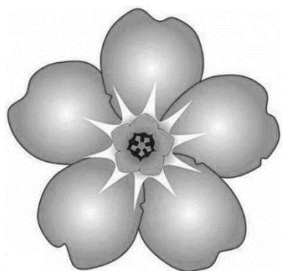
### **Talk to us**

Please speak to a staff nurse or the ward manager if you have any further questions or would like to discuss concerns about your or your relative/friend's care or future plans.

### **Patient and public feedback**

The Trust welcomes your comments and suggestions.

Please ask the ward clerk about the Friends and Family test.



### **Carers Café**

If you support someone who is currently in hospital, come along to our monthly Carers Café, where you can receive support, information, advice and a free cup of tea. The Carers Café takes place the second Tuesday of every month from 3pm to 4pm in the Eating Hub, which is in South Block at the Royal Berkshire Hospital.

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

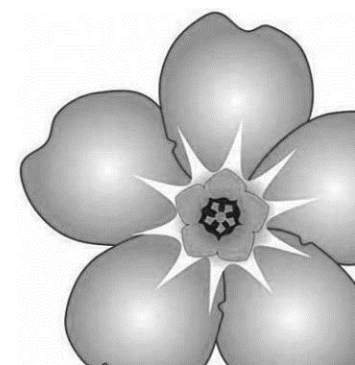
**Please ask if you need this information in another language or format.**

RBFT Elderly Care, June 2025  
Next review due: June 2027



# **Forget me not**

Information for patients, relatives and carers



---

**The *Forget Me Not* initiative aims to enhance the patient experience by improving communication and interaction between the patient, carers and staff.**

---

### **Which patients would benefit?**

Patients who have difficulties communicating their needs or may be currently experiencing memory problems. The aim is to help staff identify that the patient needs extra support.

### **What does it involve?**

Placing the *Forget Me Not* poster behind the bed is a discreet way to remind staff that the patient may need extra help or supervision, while continuing to support their independence and mobility.

### **What you can do to help...**

We understand that a hospital stay can be upsetting. Knowing a person's preferences helps us provide the most person-centred care. Behind the bed, you'll find a sheet titled '**8 Important**

**Things About Me'** which allows you to share this helpful information.

**Likes:** There are spaces for you to tell us what you like. Housekeeping staff will be able to see your food and drink preferences. We will also know what helps you feel settled and how you like to spend your time.

**Dislikes:** Tell us what you don't like and let us know what might cause you distress.

**Background:** You can also tell us about your background. This helps colleagues such as volunteers, porters, and ward staff talk to you about familiar topics.

Let us know about anything else that may help us care for you. People often bring in familiar items, such as family photographs.

If you use glasses, hearing aids, or other communication aids, please bring them with you to the hospital.

Wearing your own clothing and nightwear can help you feel more comfortable.

### **I am a carer – what if I wish to help with care?**

Some carers choose to use the time while their loved one is in hospital to take a break or have some respite. By completing the '**8 Things About Me**' sheet and informing staff of your loved one's preferences, you can feel confident that the team has all the relevant information needed to care for them effectively.

If you wish to participate in the care of the person you are supporting while they are in hospital, please speak with the ward nursing staff to discuss whether this is possible. Clearly communicate what you would like to do. If your involvement is agreed to be appropriate, it will be recorded in the care plan. Please be assured that you can, and should, ask the ward staff for help with any specific tasks if needed.

If you choose to assist with care, you are entitled to tea, coffee, and meals from the trolley. Kindly liaise with the ward manager regarding this.