

- performing simple wound care and dressing changes
- understanding dietary considerations to stay well post-discharge
- giving the patient injections

The above are examples only. You may be asked to assist with none or all of the above. Please say something to staff if you have any questions!

As a care partner, you play an important role in helping the healthcare team provide care tailored to the patient's preferences and goals. You help to ensure that the patient's values guide clinical decisions.

Thank you for being a care partner!

If you have any questions about the patient's care or being a care partner, please contact:

 Contact person on this team

On this unit, you are invited to _____,
 which typically occurs at: _____.

If you are unable to attend at this time, ask a nurse if you can participate by telephone or schedule another time when you can be present.

What is a CARE PARTNER?

For patients: Why do I need one?
For care partners: What do I do now?



FOR THE PATIENT

Why do I need a care partner?

Taking care of yourself alone can be difficult at times, especially when you are sick and in the hospital. Having another set of eyes and ears can help you get the care you want and need in the hospital and at home afterwards.

What is a care partner?

A care partner is someone you choose to help you during and after your hospital stay. Your care partner also will help the healthcare team to better understand your needs and preferences and may also participate in your medical care. Your care partner should be prepared to get involved in your care for the entire hospital stay and beyond.

Your care partner will be informed of your health progress. He or she should be ready to be present for rounds and discussions with the medical team and other staff on how to help them look after you in the hospital and after discharge.

Both the person you select—and the hospital staff—should know that he or she is your care partner. Once the hospital staff know whom you have selected, they will ensure that your care partner knows about any changes in the treatment plan and include your care partner in conversations with you regarding your care.

Having a care partner does not mean that you no longer choose what you want! The care partner helps support you and your choices and expresses them to the medical team—for example, when you are too tired or sick to do it yourself.

Who can be a care partner?

Care partners can be family members, friends, neighbors, or paid assistants. Whoever you choose, you should be comfortable discussing your healthcare with that person and also working with him or her to ensure you receive care that you want.

The care partner should be available to support you both during and after the hospital stay.

FOR THE CARE PARTNER

What can I do as a care partner?

During the hospital stay

You can help staff understand the patient's care preferences and goals. This information is critical to helping staff understand what is important to the patient in his or her everyday life. To do this, you may want to participate in shift reports or daily rounds to share their care preferences and goals, shape the plan of care, and inform the team of any issues they should take into consideration.

During rounds, please feel free to:

- take notes
- ask questions
- tell the team about anything that concerns or confuses you or the patient

If you are not able to attend the rounds, please tell the staff how to reach you to tell you the care plan and give you an opportunity to ask questions, e.g., the team could connect with you via phone or text, on the patient's whiteboard, or you could set up a time to speak to them in person.

During the hospital stay and after

As the care partner, you can help the patient by looking for specific signs and symptoms of the patient's disease/diagnosis. The medical team will tell you what to look for and who to talk to if you see those signs, including after the patient goes home.

After discharge

The hospital team may ask you to assist with certain care or coordination tasks for the patient. If any help is needed, the hospital staff will teach you and the patient how to do the task and ensure that both you and the patient are fully comfortable with everything before leaving the hospital.

Depending on the patient's needs, tasks may include:

- making and getting to appointments for follow-up care
- remembering how and when to take medication