

TOP5 at home with a Parent/Carer



Do you care for an adult whose communication or behaviour is not easily understood? TOP5 can help community staff to understand their client, and to be alert to their signs, needs, rituals and preferences.

What is TOP5?

No one knows the person you care for as well as you do. You know their likes, dislikes, concerns, fears, pleasures, and triggers. You know their communication abilities and the meaning behind their actions, behaviours, and sounds. You know what staff need to be aware of so that they can appropriately support your adult child.

Your TOP5 care tips, and unique information about the person you care for, will assist all care workers to better understand their client and his or her needs. TOP5 helps care workers in your home, day centres, respite care, and in health settings.



What should I write?

Consider the five most important things you think staff need to know to:

- keep the person you care for reassured and settled.
- gain co-operation in personal care activities.
- encourage interaction.
- acknowledge and support their interests.

This information can be developed into strategies for care, and written on the TOP5 form.

Think about:

- situations that cause distress
- signs that indicate a need
- routines and rituals
- treasured objects, photos, magazines, gadgets, toys
- preferences for entertainment e.g. music, radio, reading, gardening, TV, cards, board games, electronic games.

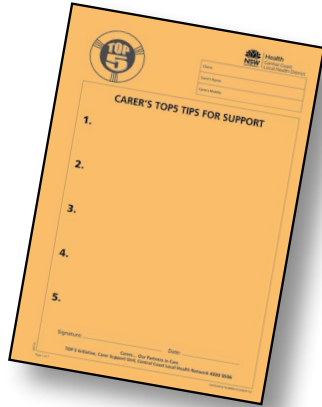


Health
Central Coast
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How does it work?

Write your tips and care strategies on the TOP5 form.

The form is kept in your home, in a place where support workers can easily access it. A copy may be kept with service providers. A copy could also be kept in a prepacked 'hospital bag' so it is available in emergencies.

The image shows a yellow form titled 'CARER'S TOP5 TIPS FOR SUPPORT'. It has a 'TOP 5' logo in the top left corner and the NSW Health logo in the top right. The form contains a numbered list from 1 to 5 for writing tips. At the bottom, there is a line for 'Signature' and a line for 'Date'. The form is slightly tilted to the right.

TOP5 forms are available through your community care provider, support service, OR contact the Carer Support Unit, 4320 5556.

TOP5 in hospital

If the person you care for needs to go to hospital, a copy of the TOP5 should be taken in with the patient. If an ambulance is required, a copy of the TOP5 could be given to the paramedic. They will use it while they care for the patient, and will hand it on to emergency department staff.

Whilst in hospital, discuss your caring tips and strategies with nursing staff. They will adapt the TOP5 so that it will work for the patient while he or she is in hospital.

The Hospital TOP5 form will be placed on the bed chart and be available to all clinical staff.

Examples of what carers have shared:

Jonathon has a unique sign for YES: He taps his head with a closed fist.
Mother

Brett clicks his tongue when he is thirsty, and he squeals when he smells food.
Father

Matthew will sit patiently if he has a women's magazine such as a fashion magazine to hold. Otherwise he will push furniture around and vocalise aggressively.
Sister

Lisa laughs loudly when she wants to go to the toilet. She can only wait for a few minutes before she will have to go. If she doesn't get to the toilet she will become very angry.
Mother

Marnie loves attention. If you ignore her she will throw things at you, and escalate to screaming.
Brother

TOP5 is all about providing individual and specific care and support for any person who has reasoning, thinking, and communication difficulties.



FURTHER INFORMATION

Staff at the **Carer Support Unit** can help you with your TOP5.

Call us on **4320 5556** or drop into the

Carer Retreat 91 Holden Street, Gosford (opposite Gosford Hospital)

For more information visit our web page at www.cclhd.health.nsw.gov.au

The Carer Support Unit is listed under the Patients and Visitors heading.