

# TOP5 in Supported Accommodation



Do you care for some one who has a disability and lives in supported accommodation?

TOP5 helps care workers to be aware of the resident's specific communication abilities, signs, rituals, needs, likes and dislikes. It provides specific strategies to assist them in supporting each unique resident.

## What is TOP5?

As a carer, no one knows the person you care for as well as you do. You know their history, behaviours and body language.

TOP5 is a form where you write care tips and unique strategies to support the resident. This will assist care staff to better understand the resident and his/her needs.

TOP5 also helps staff in day centres, health settings, and support services.



## What should I write?

Consider the most important things you think care staff need to know and do to:

- reassure and settle the resident.
- gain co-operation in personal care activities.
- encourage conversation.
- acknowledge and support the resident's interests and their sense of self.

**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
- set routines and rituals
- treasured objects, photos, magazines, gadgets, toys
- preferences for entertainment  
e.g. music, radio, books, gardening, cards, board games, TV, electronic games.

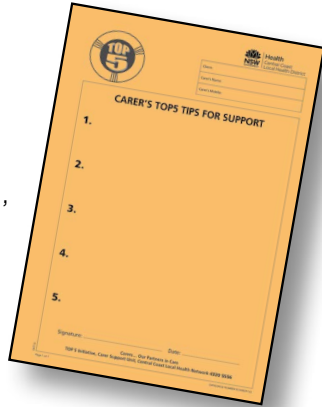


**Health**  
Central Coast  
Local Health District

# How does it work?

Write your tips and care strategies on the TOP5 form.

The form is kept in the resident's Individual Plan, in the Group Home. Another copy may be kept in a prepacked 'hospital bag' in case of an emergency.



During the hospital stay, discuss the TOP5 with nursing staff. They will write up a new hospital TOP5 form with you.

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

## Carers say:

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

*Suzanne will only clean her room if  
other residents are out of the building.  
Otherwise she will throw everything on  
the floor.*

Support Worker

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

*Matthew must have his blue tin  
container with him at all times.  
Otherwise he will become highly  
stressed. Talk calmly and retrace his  
steps with him to find it.*  
Sister

*Tina will eat anything including  
non-edibles. Take care to keep medical  
supplies etc. out of her reach. All meals  
must be supervised or she will eat the  
containers and cutlery.*  
Support Worker

# What if the resident's ability or interests change?

Support workers and family should review the TOP5 strategies when updating the resident's Individual Plan, to ensure that the strategies are still relevant for the resident.

# Who should have a copy of the TOP5?

If the resident needs to go to hospital, a copy of the TOP5 should go in with them.

If an ambulance is required, the TOP5 will be given to the paramedic. They will use it while they care for the patient, and will hand it on to emergency department staff.



**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](http://www.cclhd.health.nsw.gov.au)

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