

TOP5 in the Community

Do you care for someone who has difficulties with reasoning, memory, thinking or communicating?

Do you use home help, respite, day care or community health?

Then TOP5 is for YOU!



What is TOP5?

As a carer, no one knows the person you care for as well as you do. You know their history and its meaning to them, their interests, their likes and dislikes, fears, worries and concerns.

You may hold the key to their communication and behaviour.

Your care tips and strategies, shared on a TOP5 form, will help staff working in your home, in day care centres, and in respite care, to be aware of their client's unique and specific needs, likes, and preferences for support.

What should I include?

Share the five most important things you think community care workers need to know to:

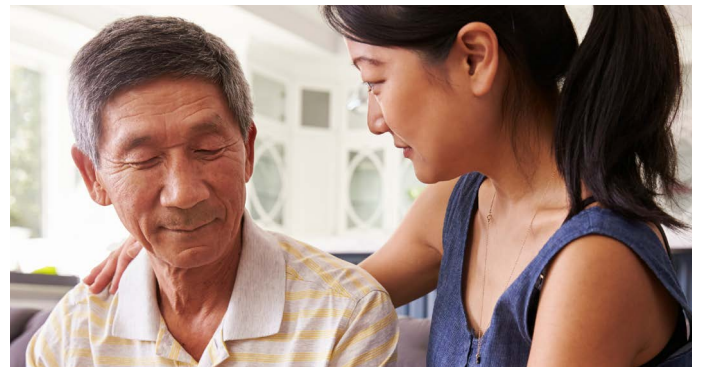
- keep the person you care for reassured.
- gain co-operation in personal care activities.
- encourage communication.
- support their interests and hobbies.

Each TIP should include what action the staff need do, or not do, why and what this will achieve - the expected result.

Consider:

- situations that cause distress
- signs that indicate a need
- set routines and rituals
- 'must haves' or comforters
- preferred activities e.g. music, TV, gardening, cards.

If the one you care for is non-English speaking, you could create a Picture Communication book to assist community staff with communication, or download one from www.easternhealth.org.au/site/item/152-cue-cards-in-community-languages



Health
Central Coast
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These are examples of suggestions made by carers

Eating has always been social in our family. It is important that workers sit at the table and eat with Dad when he has lunch. Otherwise he will not eat!

Daughter-in-law

If my wife starts to mumble and talk to herself she is becoming anxious. Talk to her in a calm, friendly and relaxed way about flowers and show her the picture book. She will soon be smiling.

Husband

Mary was a business woman, so is used to being in charge. If she tells you what to do, agree to do it when you finish what you are doing. This usually satisfies her and she will then focus on something else.

Brother

Khosro is young, and likes to be active, so being around people out and about in the community is important to him. Accompany him on walks, or outings on the train and bus when possible.

Sister

How does it work?

Write your tips and strategies for care on the TOP5 form. Discuss them with the case manager.

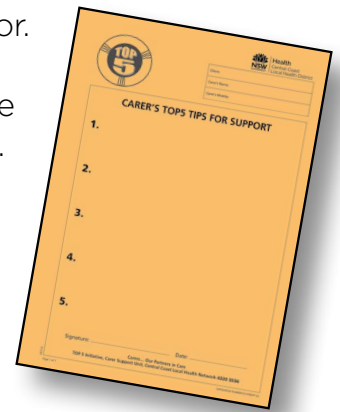
The TOP5 form is kept in your home.

Place it where it is unlikely to be removed

by the person you care for. Let the case manager know where you keep the TOP5 form in your home.

All care workers will use the TOP5 to ensure the care they provide meets their client's individual needs and unique preferences.

For more TOP5 forms ask your community care provider or contact Carer Support Unit on 4320 5556.



TOP5 is all about providing individual and specific care and support for a person with reasoning, memory and/or communication problems.

Who should have a copy of the TOP5?

TOP5 is about others providing care and support that best suits the uniqueness of the person you care for. Community Groups, day care or respite staff would benefit from a copy of the TOP5.

If the person you care for needs to go to hospital, discuss your TOP5 tips with the admitting nurse who will write up a new hospital-based TOP5 that will support the client whilst they are an inpatient. It will be placed on the bedchart and be available to all clinical staff to view prior to attending to the patient.

Should an ambulance be required, give a copy of the TOP5 to the paramedic. They will use it whilst they are caring for the patient and will hand it on to emergency department staff.

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.

