

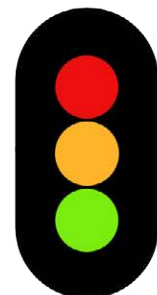
# I'm going to hospital.



**A helpful easy read guide about going into hospital.**



**MY EVERYTHING I NEED  
HOSPITAL BAG**



# What should I put in my hospital bag?



We've created a list of things you might need for a trip to hospital.



Some things you can keep in your Everything I Need Hospital bag.



Other items you might want to take in another bag.



Any information you keep in your Everything I Need Hospital bag needs to be up to date.



Keep your Everything I Need Hospital bag safe and in an easy place to find incase you need to go to hospital in a hurry.

# What information should be in my Everything I Need Hospital bag?



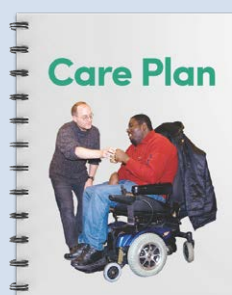
An up to date hospital passport.

The image shows a 'RESPECT' form titled 'Recommended Summary Plan for Emergency Care and Treatment for:'. It is divided into two main sections. Section 1, 'Personal details', includes fields for 'Preferred name', 'Full name', 'Date of birth', 'Date completed', 'NHS/CHI/Health and care number', and 'Address'. Section 2, 'Summary of relevant information for this plan (see also section 6)', includes a note: 'Including diagnosis, communication needs (e.g. interpreter, communication aids) and reasons for the preferences and recommendations recorded.' The word 'RESPECT' is written vertically on the right side of the form.

Any medical records such as RESPECT form, RESTORE2 or DNACPR form.



An up to date list of medication.



Any condition specific care plans such as an epilepsy care plan or eating and drinking guidelines.



Any Court of Protection paperwork or other information you think would be helpful for health care staff to know.

# Items you can bring with you to hospital.

## Some spare clothes to wear:



Underwear



Tops



Trousers



Shoes

## For sleeping:



Pyjamas



Dressing Gown



Slippers



Comforts

## For keeping clean:



Toothbrush and paste



Soap



Hair Brush Shaving kit



Period Items

# Items you can bring with you to hospital.

## Any mobility or sensory aids you use.



Hearing Aid



Glasses



Walking Aids



Other Aids

## Medication or other personal items you can bring.



Medication



Mobile phone and charger



Tablet and charger

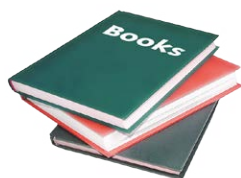


Purse or Wallet

## For keeping you happy and entertained.



Fidget or sensory toys



Books or magazines



Music or audio books



Colouring activities

# Other information about staying in hospital.



## On a ward

A ward is where people stay when they are in hospital for treatment longer than 1 day.

You will have a bed, a chair, a table and a locker.



## Support on a ward

You will be given food and drinks on the ward and you will be able to choose from a menu.

You can press the bell for help from staff.



## What you can do

You can watch TV and make phone calls, but you have to pay for this.

You can listen to music and do activities you have brought with you.

# Who can help me while I am at hospital?



## Hospital staff

All hospital staff are here to help you.  
All hospital staff receive training about learning disabilities and autism.



## Learning Disability Liaison Nurses

The Learning Disability Liaison Nurses can help patients with learning disabilities when they are in hospital or if they are going to have some treatment in hospital.



You can have visitors, such as family, friends and carers.

The wards have visiting times, but you may be able to ask for extra visiting time as a reasonable adjustment.

# Who can help me while I am at hospital?

**Andover War Memorial Hospital,  
Basingstoke and North Hampshire Hospital  
Royal Hampshire County Hospital, Winchester**

Beth Lyon | 01256 319892

Learning Disability Specialist Nurse

Amy Sammut | 01256 313096

Learning Disability Specialist Practitioner

Email: [learning.disability@hhft.nhs.uk](mailto:learning.disability@hhft.nhs.uk)



**Queen Alexandra Hospital, Portsmouth**

Learning Disability Hospital Liaison Nurses

Nicky Gough and Karen Payne

Telephone: 02392 286000 Ext 5825

Email: [qahldliaisonteam@solent.nhs.uk](mailto:qahldliaisonteam@solent.nhs.uk)



**University Hospital Southampton**

Learning Disability & Autism team

Telephone: 07464923263

Email: [Ida@uhs.nhs.uk](mailto:Ida@uhs.nhs.uk)





# Patient Advice and Liaison Service



If you need some advice when you are in hospital, PALS (patient advice and liaison service) can help you.



They can also help you if you would like to give a compliment, feedback or make a complaint.

## Patient Advice and Liaison Service Contacts

**Andover War Memorial Hospital,  
Basingstoke and North Hampshire Hospital  
Royal Hampshire County Hospital, Winchester**  
palsandcomplaints@hhft.nhs.uk 01256 486766

**Queen Alexandra Hospital, Portsmouth**  
PHT.PALS@porthosp.nhs.uk 02392 286309

**University Hospital Southampton**  
pals@uhs.nhs.uk 02381 206325



**NHS CARE**

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