

# Home Nursing Tips

## HOME NURSING TIPS

Give your loved one a way to call you for help – this will be reassuring for them. It might be a hand bell or you may want to buy something like an electric door bell, a baby monitor or a set of two way radios so you can be reached from anywhere in the house and garden.

Move any furniture and rugs you don't need away from the bed. Keep the bed space as clutter free as possible.

If the person can move from their bedroom to the living area it is useful to set up a special spot with a comfortable chair or day bed that has everything they need nearby. Try to give them a view of the garden or anything else pleasant or interesting.

Put things like a clock, drinks, radio and torch, TV and stereo remotes near the bed.

Put a telephone near the bed if you can.

A basket or drawer may be needed to store equipment or dressings the hospice nurse leaves.

You need a convenient but safe place for any medications. If there are likely to be children around, be sure to keep all medications and medical equipment out of reach.

Make sure it is easy for your loved one to get to the toilet or bathroom from where they spend most of their time.

You may need to make room near the bed for a toilet chair (commode) if the person can't get to the toilet.

A bathroom can feel very small once you try to fit in the person, who might need a shower chair, you and possibly a nurse too. You might need to make some changes here. For instance, if there's a drain hole in the bathroom floor, shower the person on a chair outside the shower cubicle. You could fit a shower hose on to the taps. Be careful of slipping – a non-slip mat is a good idea. Use a raised toilet seat (if your one is too low) and fit handrails. The bathroom door can be made to swing out rather than in, to make access easier.

Some hospices have loan equipment such as shower chairs, raised toilet seats, bath stools, toilet chairs that you can use to make showering and toileting easier. Ask your hospice nurse about your requirements.

You can get ramps fitted up steps, which will make it easier for wheelchairs. You can fit handrails where they're needed to help your loved one move more safely around the house. These are available at hardware stores such as Mitre 10, Placemakers and Bunnings.

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