

# Family Meetings



## *A Guide to Preparing for Patient and Family Meetings at NRH*

### **A Guide to Meetings at the NRH for Patients, Families and Carers**

You and your family are key members of the Rehabilitation Team and your input is vital. Family participation is known to improve the quality and outcomes of rehabilitation.

During your time at the NRH, you and your relatives or carers will be invited to come to meetings organised by the Rehabilitation Team.

These may be initial family meetings to get to know your particular situation, or meetings to set treatment goals, update your progress or plan for your discharge. There are often many arrangements which need to be made well in advance of your discharge, such as adaptations to your home or referrals to local community services.

### **Your Initial Assessment**

An initial assessment is carried out within the first two weeks of your admission. This leads on to setting your goals for treatment and the development of a plan of care which will be discussed with you. The Treatment Proposal, which includes the discharge date, is presented at this discussion. There may also be times when you and your family member wish to request a meeting with members of the team.

Each person in the hospital has a Social Worker who acts as your case co-ordinator or your “go-to person” if you have any difficulties you wish to discuss. Our aim is to look together at any issues if they arise during the rehabilitation programme.

### **How should I prepare for the meeting?**

Before the meeting, we suggest that you discuss with your relatives or friends what you would like to say, and questions you would like to ask.

It is often easier to write down in advance what you want to discuss.

You may also want to talk about these with a member of staff beforehand. Your Social Worker has a particular role in helping with the preparation for family meetings. A Staff Member will let you know in advance of the time and place of your meeting.

# Family Meetings

## Who will be at the meeting?

Generally your Consultant, Doctors, a key Nurse, the Physiotherapist, Occupational Therapist, Social Worker, Speech & Language Therapist and Psychologist will be there. Additional members of your team may be present also if required.

The meeting is an opportunity to introduce your family or carers to the team, and for you to get to know who everyone is on the team. Interpreter services can be arranged if needed.

## Who should I bring?

It is recommended that you bring family members or a close friend who can be a support to you. They can help by asking questions and taking notes. If your family is unable to come, you can ask someone on the team to help you with these tasks.

## What happens at the meeting?

It helps to know the purpose of the meeting and how long the meeting is expected to last so that you can get as much as possible out of the time. A member of your team will be able to clarify this for you. You will have an opportunity to share your concerns and to ask questions. There may be information you want to give to the team such as how you are getting on with weekend leave.

## Where to get more information:

A note of what was discussed and decided will be kept in your healthcare record. If you want to go over this later or need further information, this will be arranged with those members of the team who can best answer your questions.

