

## **Support group notes on visiting Cae Bryn**

So, you have been told a relative (most likely your mother or father) is going to have to be admitted into an EMI home (Elderly Mentally Infirm). You will be going through all kinds of mental and emotional turmoil, and you just don't know what to expect.

Don't worry, we all felt like that at first.

Let's look at what you can expect – and how to cope with this new world.

### **What is an EMI home?**

An EMI home is a secure nursing home, where patients need and receive 24 hour care and nursing.

It is made secure to protect the residents in that home, as they all have different illnesses and their behaviour is likely to be unpredictable.

Alzheimer's is one of the most common conditions being cared for and treated in these homes, and some patients have a tendency to wander off and might get lost if the home is not secure.

### **What will I see, when I first visit an EMI home?**

You will see a group with special needs being cared for. The resident / patient will not be behaving in a way that you will be accustomed to seeing.

- You may see a resident continually wandering around the corridors seemingly quite happy.
- Someone else may come up to you talking in what seems to be 'a foreign language'.
- Another patient may come up to you and shout and swear.
- Many will have difficulty with their physical co-ordination

How will I feel – How should I behave?

You may feel upset and confused. You will see people acting in a way you are not used to. Don't worry about this – it is quite a normal reaction.

You will see other visitors who will have initially felt the same as you, but now they feel Relaxed and at home. The secret is to act normally. Treat everyone as an individual and be polite and friendly to any patient who speaks to you – even if you don't know what is going on!!