

If you require any further information about the night sitting service that has been arranged please contact your district nursing team.

Their contact details can be found in the health record (red folder).

People who access our services are welcome to talk to the Team Manager if they are experiencing any problems with their care.

<p>If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ ঠিকানায় লিখুন।</p>
<p>如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિશાળ કદની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુવી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઈમેલ કરો: <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लीपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूवी (CWP) कर्मचारीयों के साथ बात कीजिये, या ईमेल कीजिये: <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>

### Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: **The Patient Experience Team**, Trust Board Offices, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

For more information see [www.cwp.nhs.uk](http://www.cwp.nhs.uk)

© CWP NHS Foundation Trust

The information in the leaflet was valid at the date of production **Jan 2016** and is due for review in **Jan 2018**.

Leaflet code: F-NSS-13-585

## Night Sitting Service

## Introduction

The night sitting service aims to provide you with the care and support to stay safely in your own home. There are a few things you can do to prepare for the night sitter's arrival:

### Things to do before a night sitter visits

When visiting at night the night sitter needs to be able to see and hear you. It is ideal if the night sitter can be based in your room however if you prefer the night sitter to be based in another room, it can be helpful to have a monitor such as a baby monitor in your room.

The night sitter will also need a light in your room so they can see you (and a light where they are seated if they are not in your room). Where the night sitter is based is your choice. Please feel free to discuss your preference with the night sitter.

You are not expected to provide food for the night sitter however, the night sitters do appreciate being able to make themselves a hot drink during the visit.

Please arrange for a reasonably comfortable chair in the room where the night sitter will sit.

### Please make sure the following are handy:

- Your care plan
- Clean bed linen and clothes for you in case a change is needed during the visit
- Any equipment that has been left by the District Nurse to help with moving you
- The night sitters are unable to administer medication but are able to prompt and assist you to take it

### What we ask of you

We want to ensure you receive the care you need. In doing so we must also make sure the night sitters are in a safe environment. The night sitters will not be able to work in conditions where there is smoking because of the risk of passive smoking.

You can help by providing a smoke free environment in the room where the night sitter is caring for you and any other rooms they will need to enter.

Suitable heating is also appreciated, especially during the colder months and at night. If the room becomes too hot, a window that can be opened is also appreciated provided it doesn't disturb you.

### When the night sitter arrives

We understand it can be confusing to have many strangers visiting your home to provide care and assistance. The night sitter must always show their identity card when they arrive and wear a uniform. The night sitter may contact you before the visit to ensure you are expecting them.

On arrival at your home the night sitter will introduce themselves to you and any other people they may need to be in contact with during the visit.

The night sitter will enquire if you have any likes or dislikes and how you and your family or carers would like to be addressed.

It is important that you show the night sitter where they can wash their hands and where the bathroom is as soon as is possible.

When the night sitter arrives they will need to contact the night nursing service as part of our lone worker policy to say they have arrived at your home safely. The night sitter will use their mobile phone to do this but if they have problems, or if you live in an area without network coverage, they may ask to use your phone. We would very much appreciate your agreement to this.

Please let us know if you think there is any further information about the service you would benefit from.