

There are some hospital services that are available to you. Ask the nursing staff if you would like a referral to one of these. The services available include:

- Hospital Chaplains services (catholic and non catholic)
- Kai Atawhai / Māori Health Services
- Pacific Family support
- Social Workers



Coping with your relative's admission to the DCCM

Filename: Coping with admission
Issued by: DCCM Quality Committee
Authorised by: DCCM Senior Nurses
Reviewed: September 2017

Welcome *Haere Mai* | Respect *Manaaki*
Together *Tūhono* | Aim High *Angamua*





A TRAUMATIC EVENT can trigger all sorts of emotions and it can be hard to know how to cope.

Emotions: What you may feel

- Numb
- Not accepting
- Confused
- Lost
- Helpless
- Hopeless
- Sad
- Frightened
- Guilty
- Angry
- Tense

It is natural to feel a whole range of emotions.

Why do I feel like this?

You may not be able to take in what has happened. You may need events explained to you a few times.

Life as you know it is out of control. You may feel you are not thinking clearly

You may feel like crying a lot, or you may want to hide your feelings.

You may blame yourself or others for what has happened.

You are hurting as your world has been turned upside down. Your emotions may seem to be out of control. Different people show this in different ways.

Different people deal with stress in different ways. This is normal.

Take
care of
your
self!

Here are some of the things that may help you.

Disbelief and denial are ways we cope sometimes. It is how our brain protects us from difficult situations. Especially in the beginning and the situation is hard to deal with. The staff in the DCCM will explain things as often as you need them too.

Be gentle with yourself. Get emotional support from: family, friends, Chaplains, Kai Atawhai/Māori Health Services, your own faith and your community.

Do what feels right for you. Ensure you have all your questions answered.

Be kind to yourself. Remember to just live and hope one day at a time.

Lack of sleep can make it harder to manage. It is ok for you to take time out to rest and sleep.

Release your anger in a healthy way. It is not helpful to take it out on yourself or others.

- Take time out e.g. walk in the fresh air. The Domain beside the hospital is a peaceful place to spend time. The John Logan Campbell chapel and quiet room is situated on Level 6 at Auckland Hospital. The chapel is open 24 hours a day.
- Talk to someone who understands.

We know all the waiting is hard, please bear with us.