



## Quick Guide: Essential visits in care homes

### Essential Visit

An essential visit is one where it is imperative that a friend or relative is supported to see their loved one and not subject to the same time limits as routine indoor visits.

### Principles

- Sympathetically supported
- Anticipatory and responsive
- Enabling touch and reconnection
- Always permitted regardless of other restrictions or infection rates

### Anticipation

Anticipate when the need for visits becomes essential for resident and loved ones to promote well-being

Anticipatory and person-centred visiting care plans in place to suit needs of resident and visitor.

Document any requests, the agreed plan and outcome

### Distress

There is clear distress and impact on well-being (for both loved ones and/or resident) as a result of separation. Where a resident or family/friend may be reassured by a visit.

### End of Life Care

Where a resident's well-being deteriorates and it is thought that the situation may be irreversible. Agree flexible meaningful time leading up to the resident's death with loved ones.

### Deterioration

Where a resident declines in mood or cognition, appetite or mobility. Where interaction with loved ones might be felt to help.

### Not...

- **Not** just at imminent end of life
- **Not** the same as routine indoor, garden or window visits
- **Not** socially distant
- **Not** supervised or observed
- **Not** generally limited by wider COVID-19 restrictions
- **Not** time limited
- **Not** limited to one visitor





## Essential Visits



### Distress

There is clear distress and impact on well-being (for both resident and/or loved ones) as a result of separation.

Where a resident or loved one may be reassured by a visit.



### Deterioration

Where a resident's well-being declines in mood or cognition, appetite or mobility.

Where interaction with loved ones might be felt to help.



### End of Life Care

Where a resident's condition deteriorates and it is thought that the situation may be irreversible.

Agree compassionate, flexible and meaningful time together in the lead up to the resident's death.

\*Not exclusive – may be a combination of some or all of these factors

## Key Principle: Prevention

Anticipate when the need for visits becomes essential for resident and family wellbeing.



### Care Plans

Anticipatory and visiting care plans in place to suit needs of resident and visitor.



### Documentation

Document any requests, the agreed plan and outcome.