



Health
Mid North Coast
Local Health District

TOP 5 is a simple tool used to collect Carer's knowledge to assist staff with the management of patients with dementia or communication problems.

TOP 5 has been **proven** to **reduce adverse events** for patients and **helps us to help you**

Simply:

- T** Talk to the Carer
- O** Obtain the information
- P** Personalise the care
- 5** 5 strategies developed

⇒ the family/carer completes a **TOP 5 Strategy Form**.

⇒ **write** what works at home to help 'settle' the person
⇒ **use the tips on the back of the TOP 5 form** for up to 5 strategies that staff can use.

⇒ **TOP 5 is documented in the patient notes and 'travels'** with the person from & to home, plus throughout their admission

For resources visit: <https://mncld.health.nsw.gov.au/top5>