

GUIDELINES FOR VISITORS TO AT

Beforehand, please:

- Tell (*spouse or partner*) when you plan to visit
- Visit on your own
- Be prepared to provide (*spouse or partner*) with a few notes and quotes after your visit

On arrival at, please:

- Leave your hat and coat on the way in.....
- Carry a paper/book/sewing etc. so that you don't appear to be 'visiting' in any formal, pre-planned fashion.....
- Arrive in the room as if you are living just along the corridor and have just caught sight of as you're passing
- If is awake and meets your gaze, smile and greet him/her as if he/she has just made your day.... "*How nice to see you!*" and wander in.....
- If is asleep, slide into a chair, read your newspaper or whatever, and wait for him/her to wake up and take in your presence – then when he /she meets your gaze smile and greet him/her as above].....
- Don't bring the outside world in to the room – you both share the same world in that you are two people sitting together, interested in literature and music (or whatever else).....
- Use the phrase '*in sync*' at an appropriate moment, to indicate how 'together' you are in your view of the world.....
- Assume that you are seen as a fellow resident by, unless he/she makes it clear that he/she is aware that you are coming in from the outside world
- Stop talking as soon as starts
- Avoid asking direct questions.
- When replying to..... questions, give only one piece of information and embed it in 'good news'
- When everything is going well, and before either of you tire, murmur about needing to go to the bathroom (or similar), and wander out of the room
- Tell a member of staff that you are leaving
- Jot down a few quotes or questions to pass on to.....(*spouse or partner*)