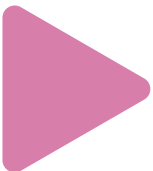




Bath and North East Somerset,
Swindon and Wiltshire Together



Caring Steps



Together

Further support for you
before returning home



You've been given this leaflet because you may need further support before you go home

This information is for you and your family, friends and carers who make up your support network, to help you understand what will happen when you're ready to leave hospital.



Why is it safer for me to be discharged from hospital?

When you no longer need hospital care, leaving hospital is the best and safest thing to do. It means you're at less risk of infection or complications, and it helps to maintain flow by allowing those who need acute care access to a bed.

Leaving hospital also helps you to avoid losing muscle strength and mobility from lack of movement, and to avoid losing confidence in your ability to manage independently.

Sometimes people worry that they're being sent home too soon, but we know from experience that patients recover better once they've left hospital. That's why we don't want you to stay in for any longer than is medically necessary.



What happens next?

Our teams have been working with you and your support network, and it has been agreed that you will need some further rehabilitation and assessment in a care home or a community hospital. This will be the best place to determine your future care and treatment plans.

You don't need to pay for this. It's not a permanent move, just a short-term, funded placement. You may only need a few days – or, if you need more rehabilitation and support than a care home can provide, the therapy team can deliver this for up to 4 weeks in a community hospital setting.

Can I choose where I go for this short-term placement?

The decision about which care home or community hospital you will be discharged to will be based on availability and which setting is suited to your needs.

It's possible that you'll be provided with a bed that isn't in your preferred location, but this is a short-term option to continue your rehabilitation and assessment and allow for long-term planning outside of the acute hospital.



After hospital

What happens in a care home or community hospital bed?

Once you've moved to the care home or community hospital, you'll receive therapy to improve your mobility, and/or ongoing assessment to understand what your future needs will be. Staff will work with you and your support network to continue your plans for discharge from the care home or community hospital.

As your support progresses, it will be reviewed and tailored to suit your needs.

If you need further long-term help, staff will discuss the options for this with you, including the financial implications.

Regular staff meetings are held where your health and care needs will be assessed and discussed. These teams will include nursing and care staff, therapy staff, social workers and doctors. At the end of each of these meetings, staff will have actions and goals, and will work alongside you to develop your discharge plans.



Getting support

Can my friends and family help?

We would always encourage you to see how your family and friends can help. Remember, too, that the voluntary agencies in your area may be able to help you with visiting, activities and support in your community or getting to see a new temporary care home.

You should discuss your plan for leaving hospital with your support network before you go, to make sure you have everything you need in place, including transport arrangements and everything is ready for where you are going next.



What if I need help to understand and make decisions?

If you or those around you have any concerns about your ability to make decisions about leaving hospital for yourself, a Mental Capacity Assessment will be undertaken while you're still in hospital to establish what decisions you're able to make. If there are more complex issues to cover or if you object to the decisions being made, you will be referred to Adult Social Care for a social worker to support you all to make an appropriate decision.



Cost of services

What happens when my funded care comes to an end?

If you've been provided with a short-term care home or community hospital rehabilitation and assessment bed, then assessments and discussions around your longer-term care and support needs will have been undertaken during your stay.

You and your support network will be part of these discussions, and the right package of support will be in place by the time you're discharged from the care home or community hospital. You can choose who you want to be considered as part of your support

network, and they can be involved in any discussions. Carers' views are important and will form an important part of the discharge discussions when planning your care and support needs.

When you're nearly ready to leave the care home or community hospital, the team will work with you to consider how any long-term care you need will be provided and how this will be funded. To do this, they'll need some information about your finances to know whether you will need financial support from Social Care. Most people find they are required to pay something towards the costs of their care.

If the decision is for you to go home and you're funded by Social Care or another funding source, you and your social worker (if you have one) can discuss options. These options include: returning home with home care; returning with help from friends, family or the community; or remaining in a care home.

If the decision is that you stay in a care home, that could either be in the same care home (if there are places available and they can meet your care needs) or another (if a different setting would better meet your needs).

If you need longer-term support in a care home (or similar) setting, please refer to our information leaflet, "Preparing you for intensive support in a care home".



Can I arrange my own care even if Social Care are paying?

You can ask your social worker (if you have one) to talk to you about Direct Payment, and how you can arrange your own care and find the support you need to get started, or you can apply directly and the Council will assess your application at: [gov.uk/apply-direct-payments](https://www.gov.uk/apply-direct-payments)



If you have needs arising from disability, accident or illness that can't be met by existing universal or specialist services alone, you may be eligible to receive fully funded 'NHS Continuing Healthcare' (CHC). When you're back at home, your support team may suggest an assessment for CHC. The process involved in NHS continuing healthcare assessments can be complex and doesn't guarantee funding.

An organisation called Beacon gives free independent advice on NHS continuing healthcare. Visit the Beacon website [beaconchc.co.uk](https://www.beaconchc.co.uk) or call the free helpline on **0345 548 0300**.



Get in touch



Your notes

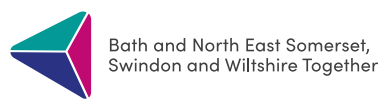
The next two pages are your space to keep notes.

- ▶ How can I stay as fit and mobile as possible whilst in hospital?
- ▶ What is keeping me in hospital?
- ▶ What do I need to do to be able to leave hospital?
- ▶ What's my plan for leaving hospital?
- ▶ When will I be discharged?
- ▶ What do I need to arrange for when I leave hospital?
- ▶ How can my family/friends/carers help after I leave hospital?
- ▶ Who do I contact if I need support or have concerns after I leave?

How can I find out more?

Your hospital team will be able to tell you who is making preparations for when you leave the hospital.

They'll be happy to answer any questions you may have. Before you leave hospital, we'll let you know who to contact if you need support after you've left.



You can find more information, videos and helpful links at:
www.bswtogether.org.uk/discharge
This information may also be available in other languages.