South East London Integrated Care System

NHS South East London

Getting ready to leave hospital



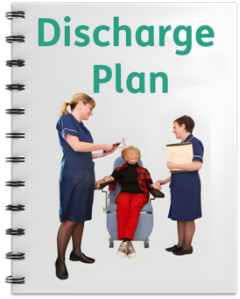
This guide is to help patients who may need some support to leave hospital.

Please share this leaflet with any family, friends or others supporting you during your hospital stay or recovery at home.

Planning for leaving hospital



People recover better at home, so we want your hospital stay to be as short as possible.



Planning for leaving hospital can begin as soon as you enter the hospital (or, in some cases, before you come).



If you are planning to stay with a relative, friend or anywhere other than your usual home, please let hospital staff know as soon as possible as this may affect the plan.



The medical team will check you to see how you are recovering.



They will encourage you to get up, sit out of bed and take part in everyday tasks and this will help them decide whether you're well enough to leave hospital.



If you are taking a little longer to recover, other specialist staff may assess you, such as specialist nurses, therapists, or social workers, to see what needs you may have.



Getting ready to leave hospital

There can be a lot to think about if you need extra support when you leave hospital, so it's best to be as prepared as possible early on.



Once the medical team says you are well enough to leave, your hospital bed will be needed for another patient, so it's important to be ready to go home.



Your hospital team will help you get ready to go home. They will explain your medicines, discharge notes, and any equipment you'll need.



Support after hospital

Most people are still recovering when they first get home.



If something feels confusing or worrying, please contact your **GP**, or call **999** in an emergency.

The sooner you speak to someone, the easier it can be to sort out any problems.



If you haven't heard about any outpatient appointments you were expecting, you can contact the GP to find out what is happening.



Care needs assessment

If you think you might need some more care or support at home, you can ask your local council for a care needs assessment.



The assessment looks at what you need help with now that you're home.

It looks at how you're coping day to day, what support you already have, and what matters most to you.



If the assessment finds that you are eligible for support, you will get a care and support plan, setting out what you can receive to help meet your needs.



Carer's assessment

If you care for someone, you can have a carer's assessment to see what might help make your life easier.



The assessment is usually done by adult social services and might recommend things like having someone else help with the caring, so that you get a break.

Key contacts



- If you are in a serious or life-threatening emergency, **call 999**



- If you need urgent care, **contact your GP**



- If it can't wait, or you're having a mental health crisis, **call 111**



- If your district nurse hasn't visited you as expected, **contact your GP**



- If you are uncertain about anything related to your social care needs, **contact your local council**



Checklist – Planning for leaving hospital

	I know who to speak to if I am unsure about any of the below	☐
	I have told them if I need extra support	☐
	I have thought about family and friends who may be able to offer help and support now and when I leave the hospital	☐
	I have a place to go when I leave hospital	☐
	Wherever I'm going, I have enough support to meet my medical, and other, needs	☐
	I know how I'm going to get home, and I have the keys to get in	☐
	I know what medication and equipment I will take home with me, and how they will be transported	☐



Checklist – Day of leaving hospital

	I know where I'm going, how I'm getting there and when	☐
	I understand my medical needs and how I will take care of them	☐
	I know what medication I need and how and when to take it	☐
	I know what support I will have at home and I am confident it is enough to meet my needs	☐
	I have asked if there are any signs or symptoms to look out for that might mean my condition is getting worse	☐
	I know what to do if my condition is getting worse	☐
	I have all my clothes, valuables and keys	☐