



HM Government



# Your hospital discharge: going home



This leaflet explains why you are being discharged from hospital and what you might expect after your discharge.

## Why am I being discharged from hospital?

You are being discharged from hospital as your health team have agreed that you are now able to return home.

## Why can't I stay in hospital?

It is important that our hospitals are able to look after people that need hospital care. Due to this, once you no longer need care in hospital, as decided by the health team looking after you, you will be discharged. It is always our priority to discharge you to the best possible place to support your recovery.

You will not be able to remain in hospital if you choose not to accept the care that is being offered to you.

## What can I expect?

Your health team will discuss discharge and transport arrangements with you (and a family member, friend or carer if you wish).

If you require care and support when you get home, this will be arranged.

## What if I need additional care?

If you need more care now than when you came into hospital, your clinical assessment team will arrange for additional care to be provided free of charge **FOR 1 - 6 WEEKS, depending on the level of care you require**. This does not mean that you are entitled to 6 weeks of care. After this time you may be required to pay for **SOME** or **ALL** of your health/social care costs.

## Who can I contact?

After you have been discharged, if you have any concerns or need to speak to someone about your care, you can call **0300 422 4224** to be re-directed to your specialist hospital team.

You are a patient under the care of:



HM Government



# Your hospital discharge: another place of care



This leaflet explains why you are being discharged from hospital and what you might expect after your discharge.

## Why am I being discharged from hospital?

You are being discharged as your health team have agreed that you are now able to continue your recovery in another care setting, outside of hospital.

## Why can't I stay in hospital?

It is important that our hospitals are able to look after people that need hospital care. Due to this, once you no longer need care in hospital, as decided by the health team looking after you, you will be discharged. It is always our priority to discharge you to the best possible place to support your recovery. You will not be able to remain in hospital if you choose not to accept the care that is being offered to you.

## What can I expect?

Your discharge and transport arrangements will be discussed with you (and a family member or carer if you wish) and you will be discharged with the care and support you need to a bed in the community.

It is possible that you may be moved more than once after your discharge. This is because we will be trying to find the best place for your ongoing care. Your health team are here to answer any questions you might have.

## What if I need additional care?

If you need more care now than when you came into hospital, your clinical assessment team will arrange for additional care to be provided free of charge **FOR 1 - 6 WEEKS, depending on the level of care you require**. This does not mean that you are entitled to 6 weeks of care. After this time you may be required to pay for **SOME** or **ALL** of your health/social care costs.

## Who can I contact?

After you have been discharged, if you have any concerns or need to speak to someone about your care, you can call **0300 422 4224** to be re-directed to your specialist hospital team.

You are a patient under the care of:

# Gloucestershire Carers Hub

## The Carers Emergency Scheme

If you are being looked after by an unpaid carer, such as a member of your family or a friend, your carer can register with The Carers Emergency Scheme to ensure that your care will continue, even when they are unexpectedly prevented from looking after you.

There are two ways in which The Carer's Emergency Scheme can support you when your carer cannot; with interim emergency care provision from someone you know or short term support from professional healthcare workers.

If you have family, friends or neighbours who would be willing to provide the necessary care and support without prior notice, we would encourage them to register with the scheme so you can receive the help you need from someone you know.

If your family and friends live away or are unable to provide unplanned care, you can also register to receive free support from experienced care workers for up to 48 hours (72 over a bank holiday). This gives time for family, friends or other relevant organisations to consider your care requirements and discuss your options with you.

To find out more about the scheme or about what other free support Gloucestershire Carers Hub can offer you, visit [www.gloucestershirecarershub.co.uk](http://www.gloucestershirecarershub.co.uk) email [carers@peopleplus.co.uk](mailto:carers@peopleplus.co.uk) or call **0300 111 9000**

Gloucestershire Carers Hub is a commissioned service by Gloucestershire County Council and NHS Gloucestershire Clinical Commissioning Group.

If you have hospital equipment on loan that you no longer need, please call **01452 520438** to arrange a collection.





# Your hospital discharge: Staying safe and well at home

There are a number of people who can help you stay safe and well at home following your recent stay in hospital. As well as offering help and advice, they can provide practical support and guidance on a number of issues. In some instances you may also be contacted by a member of the hospital discharge team once you are home, who can signpost you to appropriate services

## Gloucestershire Community Help Hub

**01452 583519** - Mon to Fri, 9am to 5pm

[www.gloucestershire.gov.uk/helphub](http://www.gloucestershire.gov.uk/helphub)

As you adjust to life at home, you may need help with everyday tasks – particularly if you have to stay home more than usual. The Gloucestershire Help Hub works with local councils and police as well as health and social care services to support people. The Help Hub can signpost you to appropriate community resources support available to you.

In some instances, there might already be a group you can get in touch with; you can find further information at [www.yourcircle.org.uk](http://www.yourcircle.org.uk) or by calling **01452 583519**. If you are Clinically Extremely Vulnerable, you can register for support at <https://www.gov.uk/coronavirus-shielding-support>

## Age UK Gloucestershire

[www.ageuk.org.uk/gloucestershire](http://www.ageuk.org.uk/gloucestershire)

**Age UKG Out of Hospital Team: 01452 420937/420928** - Mon to Fri, 9am to 5pm

If you are over 65, Age UK's Out of Hospital Team can support you and your family as you continue your recovery at home, helping you to maintain your independence following your time in hospital. The team can provide essential information and signposting to help you find what you need at this time.

**Age UKG Help Team: 01452 422660/Option 1** - Mon to Fri, 10am to 3pm

If you're over 50 and need advice or guidance on something that is affecting you, Age UK's Help Team can provide support and assistance on a wide range of issues.

## Let's Talk

**0800 073 2200**

[www.talk2gether.nhs.uk](http://www.talk2gether.nhs.uk)

It's normal to feel anxious after an illness or injury, but this can sometimes become overwhelming; particularly if you have limited contact with others. Let's Talk can offer help and advice on how to manage your mental health and improve your wellbeing to support your recovery.