

Planning together: Leaving hospital when the time is right

Information for patients



This leaflet explains why it is important to start planning for you to leave hospital.

Why am I leaving hospital?

The team caring for you have agreed that you no longer need hospital care and it is safe for you to continue your recovery at home or in a homely setting.

Why can't I stay in hospital?

When you no longer need hospital care, it is better to continue your recovery out of hospital. Staying in hospital for longer than necessary may reduce your independence, result in you losing muscle strength, or expose you to infection. Leaving hospital when you no longer need hospital care is not only best for you but will free-up a bed for someone who is very unwell.

It is better to assess you and make any decisions about long-term care and support when you are in a familiar homely environment, not in a hospital bed.

What might I expect?

It is important that, together, we start planning right away to ensure you leave hospital in a safe and timely manner. The team caring for you will discuss transport and other arrangements with you (and your carers, family and/or friends if you wish). If you have coronavirus, you will be provided with advice about self-isolation requirements.

In most instances, you will return to your previous home. You might need some additional care to help you in your recovery, or practical support such as help with shopping. Some people may need a bed in a community setting for complex planning or whilst awaiting their preferred choice for longer term care.

Planned date of discharge

Soon after you arrive in hospital you will be given a 'planned date of discharge' (the date we are working towards as we plan for you to leave hospital). This date will be reviewed regularly throughout your stay.

Questions to ask during your hospital stay:

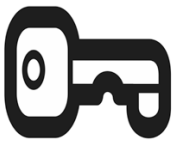
1. What is the main reason I am in hospital for?
2. What is going to happen to me today and tomorrow?
3. What extra help might I need when I leave hospital?
4. When will I be able to leave hospital?

What can you do to help?

Please start thinking about:



What clothes and footwear you will need for the journey home



Having your door key or someone to meet you at home.



Whether your heating needs to be checked and turned on before you get home.



Organising some food or meals for when you are back home.



How you can get home. (Hospital transport is not available to all patients)



If you want to ask any relatives or friends to visit you while you are settling back in at home

Please talk to your ward team if you have any concerns or questions.

