



# **DISCHARGE TO ASSESS**

## **PATIENT INFORMATION LEAFLET**

West Lothian  
Health & Social Care Partnership



West Lothian  
Council

# WHY IS HOME BEST FOR GETTING BETTER?

Sometimes people need to be in hospital, if you are very ill or need surgery, but studies suggest the best place to recover is at home. Staying in hospital too long can result in poorer health and longer recovery times. As soon as you are medically fit and staff feel that you are safe to go home, you will be discharged to the best possible place to support your recovery – in most cases, this will be your home.



## HELPING YOU GET BETTER AT HOME

Discharge to Assess (often referred to as D2A) has been created to help people get home in a timely manner, offering a range of services including assessment (measuring your health and ability to perform everyday tasks) and rehabilitation (helping you get back to your normal life). This means you can get better in the comfort of your own home with the support of our team of professional therapists and healthcare clinical support staff.

### AIM

D2A aims to provide physiotherapy, occupational therapy assessment and rehabilitation to support discharge. Patients medically fit for discharge should be referred to the team who will conduct the necessary assessments and rehabilitation in the patient's own home.

### WHO IS IN THE TEAM

The team is made up of:

- Admin Team
- Occupational Therapists
- Physiotherapists
- Therapy Assistants
- Healthcare Clinical Support Workers
- Social Care Facilitator

# WHAT TO EXPECT AFTER LEAVING THE HOSPITAL

Following a patient's referral, our Discharge to Assess Team will attend your home and carry out an assessment.

This will involve a Therapy Assessment which will include functional and mobility needs. We will work with you in your own home to support your recovery and set important personal goals which will help you regain your independence.



This will involve a key worker, who could be an occupational therapist, physio-therapist, adult social care worker or a therapy assistant (depending on your needs) who will work with you to set your goals. They will also find out if you need any practical support, such as help with your shopping, everyday tasks and signpost you to any relevant services that have been identified on assessment.

Assessments that take place in the home environment include:

- Functional assessments
- Environmental assessments
- Mobility & Transfer assessments
- Care needs assessment & signposting if required.

At the end of your assessment, D2A will work with you to plan the best intervention to achieve your therapy goals.

## CONTACT DETAILS

### Address

St John's Hospital  
Howden Road West  
Livingston  
EH54 6PP

**Telephone** 01506 524 149

**Weekdays** 08:00am- 16:30pm

**Weekend and Public Holidays** 08:30am - 15:30pm

**For medical issues: call your  
GP practice/ Contact NHS 24 on 111**

**In an emergency contact 999**

# USEFUL CONTACTS

Discharge to Assess/ REACT office	01506 524 149
CES – Community Equipment Stores	01506 523335
Home Safety Service (telecare)	01506 775 651
ASCET – Adult Social Care Enquiry Team	01506 284848
Crisis Care Service	01506 418784
SCET – Social Care Emergency Team	01506 281028 or 01506 281029
Advice Shop (financial advice)	01506 283 000
Carers of West Lothian	01506 448 000
Red Cross (wheelchair loans)	01506 650 754
Blue Badges	01506 280150
West Lothian Council Switchboard	01506 280 000
West Lothian Food Train	Tel: <a href="tel:01506413013">01506 413013/420498</a> Email: <a href="mailto:westlothian@thefoodtrain.co.uk">westlothian@thefoodtrain.co.uk</a>
NHS inform	Tel: 0800 22 44 88 <a href="http://www.nhsinform.scot">www.nhsinform.scot</a>
Scottish Ambulance Service patient transport booking line	0300 123 1236
HcL Transport	Dial-a-Ride 01506 633 953 Dial-a-Bus 01506 633 336
Wellbeing Scotland	01324 630 100 <a href="http://www.wellbeingscotland.org">www.wellbeingscotland.org</a>



To take part in our patient survey, please scan the QR code. Alternatively, you can visit website.

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[westlothianhscp.org.uk](http://westlothianhscp.org.uk)

