

# Factsheet 14 — Leaving hospital? Do you need help?

**We work closely with hospital staff to make sure your discharge is well planned and that you have care and support you need when you get home. We aim to help you to be as independent as possible.**

**If you think that you may have difficulties returning home, talk to your nurse on the ward and they will refer you to a social worker.**

## **What support is available to help regain independence following a stay in hospital?**

If you have recently been in hospital and require support when you leave, you might be entitled to short term care to help you to stay living at home as independently as possible. This is known as 'reablement'.

For example we can help with, or signpost you to help with:

- Support in your own home, which is provided by our 'Community Support Services (CSS)'
- Rehabilitation in a residential home
- Independent living equipment/ minor adaptations to your home.
- Finding things to do in the day

As part of this process your situation will be assessed to determine what ongoing support you may require.

## **How do I access 'reablement' services?**

**Services cannot be accessed directly by the public.**

If you are eligible for this service, you will be referred to it by your care management team or the single intake and duty team.

## **Will I have to pay for services?**

All 'reablement' services are free, however if you require ongoing care and support, either from the CSS team or other care providers, then you will need to have a welfare rights assessment to determine any contribution towards your ongoing care cost.

## **What should you do if you find you cannot cope after you go home?**

We hope you will manage well once you get home but sometimes, even with careful planning, people find that they cannot cope as well as expected.

If you have difficulties coping once you are home you should tell your GP or district nurse or contact your care management team.

**For further information contact customer services:**

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