



# What you need to know about leaving hospital



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Dear

Hospital is not the best place to be when a Doctor has said you are well enough to be discharged, and so we want to support you to go home as soon as you are fit and well enough to do so.

By helping you to return home, we can also ensure we are able to care for our most unwell patients. Health and social care staff will provide information, advice, and assistance to enable you to leave hospital, where they will aim for you return to your own home to recover. Some patients may require short term support at home from family and friends, and some will need assistance through a package of care and support.

Due to the current extreme pressures on the health and social care system, there may be a wait for care at home.

It is not appropriate for you to wait in hospital if you no longer need to be there, and you would be preventing someone who needs hospital care being admitted. Once you are well enough to leave hospital, we will ask you to make your own arrangements, such as asking family and friends to care for you at home.

If this is not possible or would place you at significant risk of having to come back to hospital, we will support you to leave hospital as part of our '*Step Closer to Home*' scheme.

## A Step Closer to Home

Aneurin Bevan University Health Board, working in partnership with Local Authorities and Care Homes, has secured temporary care home places to enable people who are assessed by a doctor as being "medically fit" to leave hospital and continue their recovery in a homely environment whilst waiting for care and support in their own home.

As you no longer need medical care and are currently waiting for support at your home to be put in place, you will be referred to the '*Step Closer to Home*' scheme. As part of *Step Closer to Home*, you will receive a temporary care home place at no cost to you, where we will work with you to find the most appropriate placement.

Discharge arrangements, including your care plan, medication and transportation to the care home will be confirmed when you leave hospital. Your care requirements will then be reviewed regularly by your local social care team, who will also co-ordinate your return home once your care package is in place.

If you have any questions about the information within this letter prior to you leaving hospital, please speak to the nurse in charge. You will be provided with a follow-up letter that will contain contact details and more specific information for your discharge arrangements.

Thank you in anticipation of your support.

Yours sincerely,

**Nicola Prygodzicz**

Chief Executive, Aneurin Bevan University Health Board



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# Planning together: leaving hospital when the time is right



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

## Why are we starting to plan for me to leave hospital?

Our top priority is to help you get better and support you to leave hospital when the time is right. You will only leave hospital when you no longer need hospital care and it is safe to do so. It is important that, together, we start planning right away to ensure you leave hospital in a safe and timely manner.

In most cases, you will return home. You might need some additional care to help you in your recovery, or practical support such as help with shopping. If you are a care home resident you will most likely return to your care home. If you require more complex care and support this could be in another bed in a community setting.

## What might I expect?

**Early conversations** – Soon after you arrive in hospital we will discuss and plan how you will be able to leave. We will involve your carers, family and/or friends in conversations if you would like them to be included.

**‘Expected date of discharge’** – Soon after you arrive in hospital you will be given an ‘expected date of discharge’ (expected date you will leave hospital) which will be reviewed during your stay.

**What matters most to you to be considered** – The team caring for you will ask ‘what matters most to you?’. They will ensure this is considered when planning for you to leave hospital.

## 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?



## Outside agencies and contact numbers

ABUHB Hub Contact

Social services Hub

Age Cymru	0800 022 3444	<a href="http://agecymru.org.uk">agecymru.org.uk</a>
Alzheimer's Society	0300 222 1122	<a href="http://alzheimers.org.uk">alzheimers.org.uk</a>
Carers Wales	029 2081 1370	<a href="http://caresuk.org/wales">caresuk.org/wales</a>
St Davids Foundation	01633 851 051	<a href="http://stdavidshospicecare.org">stdavidshospicecare.org</a>
Macmillan Cancer Support	0808 808 0000	<a href="http://macmillan.org.uk">macmillan.org.uk</a>
Hospice of the Valleys	01495 717 277	<a href="http://hospiceofthevalleys.org.uk">hospiceofthevalleys.org.uk</a>
Ffrind I Mi (Friend of Mine)	01495 786 645	<a href="mailto:ffrindimi.abb@wales.nhs.uk">ffrindimi.abb@wales.nhs.uk</a>
Care Inspectorate Wales	0300 7900 126	<a href="http://careinspectorate.wales">careinspectorate.wales</a>



### Call 111

or visit the online symptom checker  
[111.wales.nhs.uk/SelfAssessments](http://111.wales.nhs.uk/SelfAssessments) for urgent  
medical advice or help if you are unsure where to go



### Go to a Minor Injury Unit

at Nevill Hall, the Royal Gwent, Ysbyty Ystrad Fawr or  
Ysbyty Aneurin Bevan hospitals with injuries that are not  
life-threatening, such as broken bones, cuts, minor head  
or face injuries, and bites



### Call 999, or go to The Emergency Department at The Grange University Hospital

if you have a **LIFE-THREATENING ILLNESS** or **SERIOUS INJURY**  
such as suspected stroke, severe chest or stomach pains,  
seizure or severe blood loss



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