

# Your Discharge Options



As soon as you are deemed medically fit to leave, you will be discharged from your current ward. If you have ongoing therapy needs, you may need to continue your recovery at an alternative environment before returning home, or you may be in need of some support at home before you can return. If this isn't immediately available, your family will be asked to care for you until a package of care becomes available.

If it isn't possible for your family to care for you, you will be transferred to an alternative care setting, which could be to another hospital or to a care home. This could be outside of your locality of residence depending on where the vacancies are at the time of your discharge.

For those patients who reside outside of Gwent, our HOME FIRST ethos will remain the same, however, we will be working with our colleagues in your locality to help support your discharge or transfer to the most appropriate area.

**It is essential that you make arrangements to leave hospital as soon as you are medically fit so that you are able to recover in the safest, most appropriate environment for you. Staying in hospital after you are ready to leave will only make it harder for you to return home in the long term.**

**If you remain in a hospital bed when you're no longer in need of medical care, this will cause longer waits for patients who are seriously unwell and urgently need our help.**

Any decisions around your care and recovery will always be made in your best interests and will be appropriate for you as an individual.

Please speak to staff if you have any queries or concerns regarding your discharge options.

*This leaflet is available in welsh.*



## Planning your Discharge from Hospital

A guide for patients, families and carers

### Welcome to

### Ward

During your time with us, our aim is to help you recover as quickly as possible so that you can return home.

To avoid any unnecessary delays, we will start discussing your discharge as soon as you arrive in hospital.

A member of the team caring for you will ask you and your family (if you would like them to be involved) about your home circumstances /environment and the support you already receive or may need on discharge. **It is important that you inform us as soon as possible about anything that might make your return home difficult.**

Once a doctor has said you are well enough to be discharged, hospital is not the best place for your recovery. We want to support you to go home as soon as you are fit and well enough to do so, to prevent you from coming to any harm.

By helping you to return home, we can also ensure we are able to care for our most unwell patients.

# Supporting your recovery

With support from our staff and your relatives, there are a few things you can do to help speed up your recovery and get home as soon as possible.

## Get Up - Get Dressed - Keep Moving

Staying as active as possible is essential for your recovery, as bedrest can cause you to lose muscle mass and strength at an alarming rate - one week of bed rest will result in 10% muscle loss, and 10 days in bed will age muscles by 10 years. This is referred to as muscle deconditioning, and it can also make you more susceptible to falling, developing pressure ulcers, and losing your independence – all of which can delay or even prevent you from leaving hospital.

During your stay, we will encourage you to be as independent as possible, and staff will assist you with any activities you need help with. Your relatives and visitors can also play a big part in encouraging you to get up, get dressed and keep moving.



## Have open conversations

It's important to talk to your loved ones/carers and to the teams looking after you about your care and the plan for your journey home. We encourage you to ask questions about your discharge from hospital - here are four key questions that you should ask the team caring for you:

What is the main reason I am in hospital?

When will I be able to leave hospital?

What is going to happen to me today and tomorrow?

What extra help might I need when I leave hospital?

## Involve your Family

As well as helping you to stay as active and independent as possible throughout your stay, your family can also support you by:-

- Making themselves available to support your discharge from hospital- this could mean caring for you at home
- Making your home comfortable for your return e.g. putting your heating on if needed, stocking your home with food, ensuring you have clothes and shoes to leave hospital, and ensuring you have a key to get in.