



Let's get you home to what matters to you



We know that it's much better for your physical and mental wellbeing to leave an acute hospital as soon as you are medically ready to do so.

That's why we are doing everything we can to get you home to what matters to you. This can be to your beloved pet, your favourite armchair or simply sleeping in your own bed. If you can't go straight home, we will work with you to provide an alternative place most suited to your needs.



Did you know?

- Hospitalised patients are 61 times more likely to develop disabilities in everyday activities than those not hospitalised.
- Each week in a hospital bed means an older person loses 10% of their muscle strength.
- Hospitalised patients spend up to 83% of their time in bed.

Planning your recovery

Once people no longer need hospital care, it is best to get home or to another community setting as quickly as possible. Being at home or in a community setting (such as a care home) is the best place to carry on getting well once an illness needing hospital care is over.

The best place for you to recover is usually at home, with the help of your family, friends and local community if you need some extra support at first. There may also be equipment that can help you achieve tasks independently.

If you need more care and support than your family, friends and local community can provide, we will discuss with you the options that might be available when you leave hospital.

You will only leave hospital when you no longer need hospital care, 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.

you may need to be discharged to an alternative care setting, in which case a health and care professional will discuss this with you. If you are a care home resident, you will most likely return to your care home.

There's no place like home

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Within 48 hours of you going into hospital, you will usually be told when your treatment is due to end and when you may be considered well enough to leave hospital (this is called an estimated discharge date).

Why you recover faster at home

Physical Strength

Research shows that if you stay in bed for long periods when in hospital, you lose mobility, fitness and muscle strength – making it harder for you to regain your independence. You are also likely to stay in hospital longer.

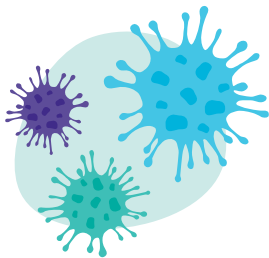
When you're at home, just doing ordinary day-to-day activities helps to maintain muscle strength, even things like getting up to make a cup of tea. In contrast, when you're in an unfamiliar environment like a clinical ward, you may be more likely to fall because you don't have those familiar things around you to steady you if you lose your balance for a moment.





Rest

Hospitals are busy places with lots of interruptions, talking and noises from equipment, which can cause long-term sleep deprivation, slowing down your recovery. So, the faster you can get back to your own bed, the better.



Safer from infection

You are at less risk of infection at home. When you are sick, you are likely to have reduced resistance to picking up bacterial or fungal infections, such as a urinary tract infection or pneumonia.



Mental Wellbeing

Being in familiar surroundings is one of the best things for your mental wellbeing as hospitals are unfamiliar and can be very confusing.

When you are in hospital for a longer period, you may also lose confidence in your own ability to manage your day-to-day needs. With the right support, many people can return to living their life the way that they want to.

Our hospitals are the place you need to be when you are really sick. But once you are medically stable, you recover much better and faster at home, if you have the right support around you.

What we will do for you and how we will help prepare for discharge...

As soon as you arrive in hospital, our main priority is to get you better again so you can return to the comfort of your own home, or a suitable alternative place. Your nurse will be responsible for planning your care and discharge with you and your family/carer.

To read more about your time in hospital visit:

www.ulh.nhs.uk/patients/inpatients/stay-discharge

Never be worried about speaking to staff in charge of your discharge to make sure you have everything you need. This includes a date, care plan and equipment.

It is also very important that you ask four questions every day when you see the team caring for you:

- What is the matter with me?
- What is going to happen to me today?
- When am I going home?
- What is needed to get me home?

You'll be involved in the discharge planning and agree a care plan together. This should include things like:

- treatment and care when you get home
- who's in charge of your care and how to contact them
- when and how often you need care.



After you are discharged...



Follow up appointments

If you need a follow-up appointment or any further investigations, we will arrange this before you leave, or will contact you as soon as we can when you get home. When you are discharged, we will send a letter to your GP explaining why you were in hospital. This will tell your GP everything they need to know about your stay in hospital, your medication and your discharge location.

Help at home

If you need help at home when you are discharged, community support services will be arranged before or upon your return.

Information for carers and family members

If a family member or a friend care for you on a regular basis, they can access free support and advice from www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers and may be eligible for a carer's grant.

For more information on grants visit:

www.gov.uk/browse/benefits/help-for-carers

If you would like a copy of this information in leaflet form to be given to someone else, please speak to your nurse or discharge coordinator.

Further assessments

Once you have been declared medically well, you may require further health and social care assessments. These will be completed outside of the hospital setting and wherever possible, within your own home.

Our Transfer of Care Hub has a range of services in place to help you to return safely to your own home. If you can't return home when you are ready to leave hospital, your assessment will be completed in the place you go to on discharge.

Next steps after leaving hospital

Temporary care

If you have had a short illness or an operation, you might only need care for a short time to get back to normal. The aim of this type of short-term care is to help you:

- look after yourself rather than having someone care for you all of the time
- stay as independent as possible
- avoid unnecessary hospital stays.

(Most people receive this care for around 1 or 2 weeks).

Read more here:

[www.nhs.uk/conditions/
social-care-and-support-guide/
care-after-a-hospital-stay/
care-after-illness-or-hospital-
discharge-reablement](https://www.nhs.uk/conditions/social-care-and-support-guide/care-after-a-hospital-stay/care-after-illness-or-hospital-discharge-reablement)

Ongoing and transitional care

Returning you to the comfort of your own home is a priority for us. However, sometimes this may not be the best option for your health.

Bridging the gap between hospital and home to maximise recovery and promote independence, Lincolnshire County Council and Lincolnshire Community Health Services NHS Trust (LCHS) (www.lincolnshirecommunityhealthservices.nhs.uk) are working with partners to develop a range of reablement services to:

- promote faster recovery from illness
- prevent admission into acute hospital or residential care
- support timely discharge from hospital
- maximise independent living.

More information can be found at:

www.lincolnshirecommunityhealthservices.nhs.uk/our-services/transitional-care and www.lincolnshirecommunityhealthservices.nhs.uk/our-services/community-hospitals

Where to find out more information

Nobody wants to stay in hospital for any longer than is necessary.

People recover quicker when they are surrounded by the people and things they love. Ask a health or care professional about getting yourself or a loved one home from hospital quickly and safely.

- Website: lincolnshire.icb.nhs.uk/when-am-i-going-home
- Facebook: [@NHSLincsICB](https://www.facebook.com/NHSLincsICB)
- Twitter: [@NHSLincsICB](https://twitter.com/NHSLincsICB)