

Contact numbers - Advice and Support

	Age Concern	0800 00966
	Advocacy Services SEAP	0845 2799018
	Cornwall Advocacy	01872 242478
	Citizens Advice Bureau	08444 994188
	Community Energy Plus	01209 614975
	Cornwall Friends Mobility Centre	01872 254920
	Cornwall People First	01736 334857
	CRUSE Bereavement Care	01726 76100
	DIAL (Disability Information and Advice Line) Disability Cornwall	01736 7595000 01736 756655
	Energy Saving Trust Advice Centre	0800 512012
	Samaritans Cornwall Free Phone Email Text	01872 277277 116123 jo@samaritans.org 07725 909090
	Shelter	08088 004444



St Michael's Hospital



West Cornwall Hospital



Royal Cornwall Hospital

Leaving hospital

Leaving hospital



When you feel better you can go home.



Staff will use the word ‘discharge’ when they talk about people leaving hospital.



This booklet is for you to share with your family and carers. It tells you:

- what happens when you leave hospital
- who will be helping you
- how you and your family can help
- and there are checklists to make sure everything is done.



The doctors and nurses will talk to you everyday about why you are in hospital and when they think you can leave.



You will only leave hospital when you are well enough and any extra support you may need has been arranged.



If you are not sure when you are leaving hospital, ask the staff on the ward.

Contact numbers - Social Care



Adult Care and Support in Cornwall	0300 1234131
Out of Hours Service	01208 251300
Isles of Scilly Adult Social Care Services	01720 422148
Children, Schools and Families	0300 1234101

Contact numbers - Carers



Carers Support Service	01872 243531
Carers Direct	08080 20202



Cornwall Rural Community Council (CRCC)	01736 874000
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Origo	01872 264057
Supporting older carers (70+) of someone with a learning disability	

CCVS Mental Health Carers Support Service	01209 613456
Supporting carers of an adult (18-65) with a mental health condition	

Dementia Carer Support Worker	01736 365714
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Link	01872 243533
Support and consult on patients and carers experiences	

Any questions?



If you have any questions about the information in this booklet or leaving hospital, please ask the staff on the ward for help.

Contact numbers - Health



Treliske Hospital 01872 250000

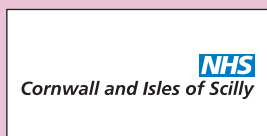
St Michael's Hospital 01736 753234

West Cornwall Hospital 01736 874000



St Mary's Hospital,
Isles of Scilly 01720 422392

Acute Liaison Service
for Learning Disabilities 01872 252875



Community Health
Services and
Community Hospitals 0845 1708000



Primary Care
Liaison Services for
Learning Disabilities 01208 256800



Cornwall Foundation Trust
East Resource Team 01208 79525
West Resource Team 01209 719251



Website:
www.nhsdirect.nhs.uk 0845 4647

Help when you leave hospital



The nurse looking after you will ask if it is ok to talk about you with other staff.

This makes sure all staff know about your health and the support you might need.



You will meet lots of staff who will help you to feel better and get you ready to leave hospital.



Most people go home when they leave hospital. Some may go to another hospital or to a care home.



Sometimes, new equipment may be put into your house to help you manage better at home.



If you are going to need extra help when you leave hospital you may meet a social worker or specialist nurse with your carers.

They will talk to you about what help you may need.

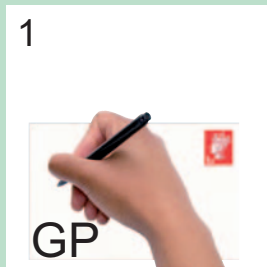
On the day you leave hospital



Make sure you have all of your belongings from around your bed and in your bedside cupboard.

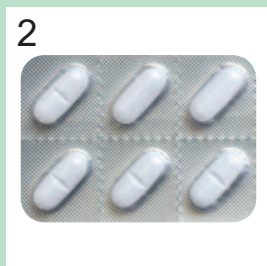


Collect any money and valuables, like jewellery or a watch that may have been put in the hospital safe.



The nurse will give you 2 things:

1. A letter for your GP about your stay in hospital.
2. Medicines to take home if you need them.



The nurse will talk to you about them and help you to understand what they are for and when to take them.

You can get more of these medicines from your GP if you need them.


Equipment

You may need to take some hospital equipment home like crutches to help you walk, or a wheelchair.



You can borrow the equipment but when you have finished using it, please return it to the hospital. Or ask a relative or carer to do this for you.

When I get home, I will need?

Tick 
yes or no



Someone to stay with me?

☐ ☐


Help to use the toilet?

☐ ☐


Help with shopping and making meals?

☐ ☐


Help with housework?

☐ ☐


Help to walk to my front door?

☐ ☐


Help with my medicines?

☐ ☐



Help to communicate?

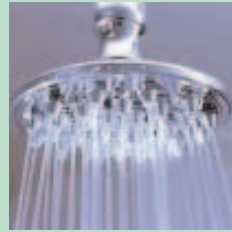
☐ ☐


Help to eat?

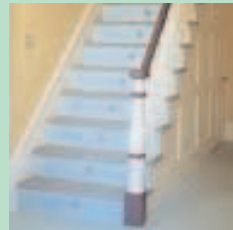
☐ ☐

When I get home, I can:

Tick 
yes or no



Have a bath or shower.


☐ ☐


Climb the stairs or steps.

☐ ☐

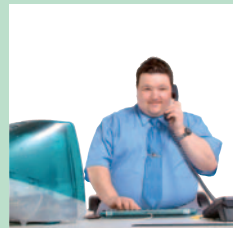

Lift heavy things.

☐ ☐


Go for walks, or exercise.

☐ ☐


Have sex.

☐ ☐


Go back to work

☐ ☐

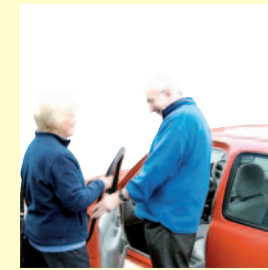

Drive a car.

☐ ☐


Do other activities.

☐ ☐

Travel



When you leave hospital it is best to ask your family, friends or carer to pick you up and take you home.



Some people leave hospital by ambulance. The doctors and nurse will decide if you need an ambulance and will arrange it if you do.



There is also a hospital car service which you have to pay for. This can be booked for you. Please ask the nurse if you would like to use this service.

Seeing the doctor again



Appointment



The doctor may want to see you again.

If so, the hospital staff will make you an appointment before you leave, or they will send you an appointment in the post.



If you do not need another appointment, or are worried or feel unwell when you get home please contact your GP who will be able to help.

Going home checklist



Ask your family or carer to bring you some outdoor clothes.

Tick  when done

☐


Ask your family or carer to make sure your house is ready.

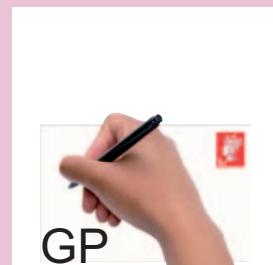
Make sure you have your house keys.

☐
☐


Make sure you have your money and valuables.

☐


Ask about any dressings or bandages you may need to take home.

☐


Make sure you have the letter for your GP.

☐


Make sure you have the details of any outpatients appointments.

☐

Going home checklist



Ask your nurse if you need a wheelchair to take you to the car.

Tick  when done

☐


Ask your nurse for a list of contact names and numbers for any support you need when you get home.

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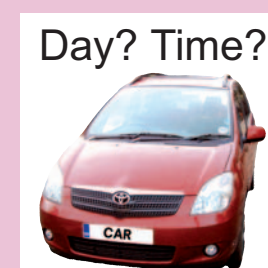

Make sure your family or carers have information about any help you need after leaving hospital.

☐


Make sure you have your medication and know the times to take it.

☐


Make sure you know about any food you need to eat or not eat.

☐


Make sure your family or carers know when you are going home.

☐

Make sure your transport home is arranged.

☐