

Getting ready to go home from hospital



Version 2 - June 2019



An Easy Read guide to planning your discharge from hospital



South Tyneside and Sunderland
NHS Foundation Trust

Getting ready to go home

This booklet will help you get ready to go home.



Your name:

The ward you are on:



Ward phone number:



Planning a date for you to go home.



The people who look after you will meet to decide when you are well enough to go home.



They will talk to you about what day you are likely to go home.

Your plan for home

When you get home there may be some things that you shouldn't do for a while. Ask the hospital staff about this

Can I have a bath?



Yes ✓

No ✗

If yes, please give me more advice about having a bath in the box below.

Can I have a shower?



Yes ✓

No ✗

If yes, please give me more advice about having a shower in the box below.

Can I walk up and down stairs?



Yes ✓

No ✗

If yes, please give me more advice about using stairs in the box below.

Can I lift things?



Yes ✓

No ✗

If yes, please give me more advice about lifting things in the box below.

Can I get into my own bed?

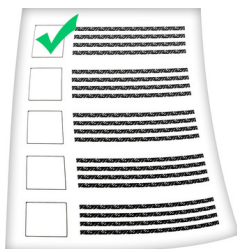


Yes ✓

No ✗

Please give me more advice about sleeping in the box below.

Is there any other advice I need to follow?



Yes ✓

No ✗

Please give me more advice in the box below.

Help for you at home

You may need help to stay well when you go home.



Will I need Community Nurse to visit?

Yes ✓ No ✗

If yes, please tell me more in the box below.

Will I need Meals on Wheels?



Yes ✓ No ✗

If yes, please tell me more in the box below.



Will I need help with my personal care?

Yes ✓

No ✗



If yes, please tell me more in the box below.

Will I need help around the house?

Yes ✓

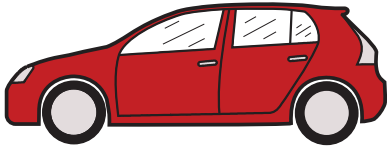
No ✗



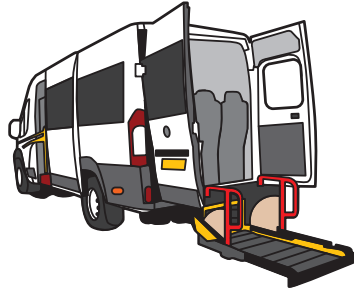
If yes, please tell me more in the box below.

Getting home

The hospital will help you plan how you get home. **You could go home by:**



Car



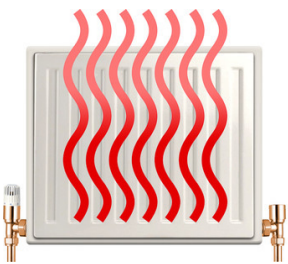
Patient transport



Taxi

Make sure your home is ready

Ask your friends, family or staff to make sure your home is ready for you to go back to.



Make sure the the heating is on if the weather is cold.



Make sure you have some food and drink at home.

Going home day

Things to remember to take home.



Clothes



Keys



**Wallet or
purse**



Watch



Jewellery



Shoes



Glasses



Dressings



Teeth/aids



Medicines



**Care
Passport**



**Papers for
your doctor**

Discharge lounge



Hospitals have a discharge lounge where you wait to be taken home.

There are nurses to help you, a TV and you can get a drink.

Go to see your doctor after you get home.



Make an appointment to see your doctor within one week of getting home.



Your doctor will be told you are going home.

They will arrange any more medicine you need.



Make sure you have the help you need to pick up your medicine from the chemist.



If you are in pain or feel unwell after you get home from hospital get medical help straight away.

Using this booklet

This factsheet can be downloaded free of charge from our website:

www.sunderlandactionforhealth.co.uk


Sunderland
Clinical Commissioning Group

This factsheet was developed for Sunderland Clinical Commissioning Group by The Learning Disability Liaison Nurse Team based at South Tyneside and Sunderland NHS Foundation Trust.

With thanks to South Tyneside and Sunderland NHS Foundation Trust.


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NHS Foundation Trust

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About Easy Read information

Easy Read information using larger print, easy words and pictures to make information easier to understand. Easy read is a summary of the key points. Whilst it is useful to help people understand complex subjects it should not be relied upon solely in the process of supporting people to make decisions about their health care and treatment,

Developed from the original factsheet designed by The Clear Communication People Ltd as part of a project funded by The Learning Disability Partnership Board in Surrey.