Care and support after leaving hospital

If your stay in hospital has come to an end and you have been told by your healthcare professional that you are well enough to go home, this simple guide will help you, your family or carer to make sure you have everything you need to continue making a full and healthy recovery.

I've been told that I am ready to leave hospital but what happens now?

Before you go home we will ask you, your family or carer about your care needs. If you need support after leaving hospital, staff on the ward or another healthcare professional will be able to discuss the options with you, identify the type of support you will need, and work with you to put that support in place. Some of these options may cost but you may be entitled to funding to help pay for this. Your healthcare professional will be able to tell you more about this.

What kind of support is available?

Depending on your needs you may receive support from Leeds Community Healthcare NHS Trust and/ or Leeds Adult Social Care Service (part of Leeds City Council) who work closely together with other services and organisations in your local area. Some examples of the types of services available are shown below:

Services from Leeds Community Healthcare NHS Trust

Leeds Community Healthcare NHS Trust is responsible for providing healthcare services in the local community. The team provides a range of services including community nursing, health visiting, physiotherapy, primary care, mental health, sexual health and smoking cessation services.
They can also provide support from your local district nurse or the Intermediate Care Team – a specialist team that helps people to regain their independence, quickly and safely within their own home or community.

Sometimes depending on your care plan, we may also recommend that you stay in a Community Intermediate Care facility for a short-time to help you recover safely, with help on hand if needed. Intermediate care is short stop between hospital and home where you can get rehabilitation support from medical professionals 24 hours-a-day in a residential nursing home or community type setting.

Every effort will be made to offer you a place near your home but where this is not possible, you will be offered a suitable alternative within the Leeds area. This type of support is time limited, most commonly for up to 6 weeks. There is no charge for this service, or for any help you may receive from the district nursing service.

**Services from Leeds Adult Social Care Service**

- **The Reablement Service (domiciliary care)**

The Reablement Service is designed to help you regain the ability and confidence to do some or all of the things you used to - whether it's cooking for yourself, bathing without help or getting to the shops. This service is for a maximum of six weeks or less if your needs have been met. It may also be used when the need for a longer-term service is being explored.

There is no charge for the Reablement Service but if you do need support over a longer period of time, a financial assessment will be done and you may be asked to make a contribution towards the new service. During this time, you will continue to receive support from the Reablement Service until a more suitable, long-term provider has been found where charges will then apply.
After your initial assessment it may be determined that ongoing support from the hospital (domiciliary care) would better suit your needs. You will be financially assessed for this service.

- **Self-directed support (help to manage your own support)**

If you need social care services on a longer-term basis, you will be eligible for self-directed support. This aims to maximise your independence, and gives you more choice and control over the services that are right for you. You will be given a ‘personal budget’ that can be used to help buy your own support.

There are a couple of options on how this may be used; you could get a direct payment (a cash payment made directly to you); or a budget managed with the support of a social care worker. The person who will assess your needs will be able to tell you more about this.

- **Transitional placements**

If the services you need to support you at home are not available, or if a further assessment is needed, arrangements will be made to transfer your care to a residential or nursing home. There is no charge for this service for up to four weeks, and within that time we will make every effort to put in place the services that you need. However if your stay goes beyond this initial four week period, a charge may apply.

- **Long-term or permanent placements**

If you need care over a longer period of time, we may advise you to consider a long-term placement in a residential or nursing home. If this is something that you would like to consider, you, your family or carer will be given a series of options to choose from.

Sometimes your choice of home may not have a vacancy immediately. If this happens, we will plan your discharge from hospital to an alternative care home until your first choice becomes available. You will be financially assessed towards the cost of this care from the date of admission to that facility.
What if I want to arrange my own care? What information and advice is available to help me?

Nothing is set in stone and you have the right to choose the care you want. You may wish to arrange and fund your own care arrangements by declining the assessment before you leave hospital. Health and social care staff can still help in these situations to provide information, advice and guidance to help make your own arrangements.

For more information, please speak to a member of staff on the ward who will be happy to tell you more about these services.

Leeds Directory

When you need help to find out about activities and support in your local area, Leeds Directory is the best starting point. This is a FREE local directory of services, activities and support. The directory is online but there is also a helpline where experienced staff are happy to give advice over the phone or print out specific information about services or activities in a particular area and post this out to you.

Call: 0113 391 8333 Website: www.leedsdirectory.org

NHS organisations and Leeds City Council are working closely together to ensure people can be supported closer to their home and community.

To find out more, visit www.leeds.gov.uk/transform or email healthandsocialcare@leeds.gov.uk