

## How can I help?

You can help us to help you in lots of different ways.

- Tell us if you feel you are at risk of harm or abuse.
- Tell us if there are family, friends, neighbours and people in your community available to help you, and who you are happy for us to speak with on your behalf.
- Join in discussions about how we can help you become as independent as possible. This could involve using aids, equipment and technology, or other adjustments to your home, to make you safer.
- Tell us promptly if your circumstances change or if you no longer need support.

If you have a relative or carer you want involved in discussions about your discharge and home support, please let us know.

We will keep in touch with you throughout this process, but if you have any questions or concerns, please speak to staff on the ward or the health and social care team supporting you.

## For more information about social care and support in your area, go to:

[www.dorsethealthcare.nhs.uk/home-first](http://www.dorsethealthcare.nhs.uk/home-first)

If you don't have access to a computer, please speak to a member of hospital staff and they will provide details in paper form.

We can supply this information in other formats, in larger print or have it translated for you. Please contact Dorset HealthCare on 01202 277000.

Our Dorset is a partnership of local health and social care organisations. For more information, visit <https://ourdorset.nhs.uk/>

# Home First

## Discharge from hospital and recovery at home



## Discharge from hospital and recovery at home

This leaflet sets out what will happen when you leave hospital to go home or to another place of care. It explains the support we will provide to help you recover and regain your independence, and the arrangements for any longer-term care you may require.

### Why can't I stay in hospital?

You are being discharged because you no longer require hospital care. Staying in hospital longer than you need to may affect your long term health and wellbeing. You are being discharged to the best possible place for you to recover and regain your independence. We will discuss transport arrangements, medication and any other needs with you before discharge.

If you need more care than before you came into hospital, this will be provided free for up to four weeks after your discharge, based on your needs. You will not be able to remain in hospital if you decide not to accept this support. It is important that we have beds available to look after people who do need hospital care.

### What support will I receive when I leave hospital?

Many people discharged from hospital will regain their independence with help from family, friends and neighbours, or with voluntary and community support.

However, if you need more specialist care, you will be supported by health and social care staff. They will work together as one team to discharge you safely from hospital and support you at home or in another place of care. You will be contacted by someone in the team soon after you are discharged to arrange a full assessment of your needs.

We want to help you return to your previous level of independence. For most people this support will end naturally within four weeks of discharge from hospital, and may be required for only a few days. Your need for care and support is likely to reduce as you regain your independence, and the team will review this regularly with you.

## What if I continue to need support after four weeks?

Most people will not need support beyond four weeks. But if you do, one of the team will work with you to assess your needs and help plan the next phase of your recovery. This will follow national eligibility guidelines, as set out in the Care Act 2014.

### What will I have to pay?

NHS care is free, whether it is delivered in a hospital or in another place.

Most adult social care services are not free – it depends on a person's finances and ability to pay. If you already had social care and support in place before you went into hospital, those arrangements will continue when you are discharged. If you previously paid for your care, or contributed towards its costs, you will continue to do so.



However, if you are discharged from hospital with additional care needs, we will provide support to cover this free of charge for up to a maximum of four weeks. If you have not fully recovered after that, you are likely to have to pay towards the cost of any further care and support you need.

How much you would contribute would depend on what you require and be decided after an assessment of your finances. If you have more than £23,250 in savings, you would have to pay the full cost of your care. Or if you have less than £23,250 in savings, but a weekly income that is high enough to cover the cost of your care, you would also have to pay the full cost.