Planning your discharge

East Cheshire NHS Trust
01625 421000
www.eastcheshire.nhs.uk
Introduction
This leaflet is intended to help you, your relatives and friends to understand how your discharge or transfer from this hospital will take place.

Our commitment to you
A hospital stay can be a stressful and worrying time. We will offer support and advice to you and your family or carers throughout your time in hospital. We will discuss with you the continuing support you may need when you return home in order to make the transition as easy for you as possible.

If you have any queries regarding the information contained in this leaflet please raise them with any member of the team that is caring for you.

Thank you for your co-operation. This helps us to offer an efficient and effective service for all people who require treatment in our hospitals.

Planning for your discharge or transfer from hospital
This hospital is the right place to be when you are in need of specific acute care. However, when this has been completed, it is important that you leave hospital as soon as possible so that another patient can be admitted to receive treatment.

We will start planning for your discharge as soon as you are admitted. This means that we can begin to

- assess what your needs are likely to be when you are ready to go home
- involve any relevant staff who can help in meeting those needs such as occupational therapist, physiotherapist, GP, speech therapist, community nurse, social worker, discharge co-ordinator, etc
- make arrangements for equipment or services that you may need when you leave hospital.

Working together
All staff will work with you and your relatives to plan an effective discharge or transfer.
You or your family may have concerns such as your future safety at home, your ability to move around, or managing your personal care and domestic arrangements. If so, please do not hesitate to raise these with staff at the earliest opportunity.

When the anticipated completion date of your treatment is known, you will be given an expected discharge or transfer date. It is important that you are aware of this so that necessary arrangements can be made. These may include:

- transport home - patients are normally expected to arrange their own transport
- suitable clothing and footwear, if you are not already using them in hospital
- access to a key to your property
- adequate basic food supplies
- adequate heating in your home
- delivery of any equipment needed to provide continuing care in your home.

Further support
If there are difficulties in returning to your home, a number of options can be considered. The Integrated Discharge team is available to discuss these with you and your family. These can include:

- assessment for intermediate care
- an emergency call system at home
- adaptations in your own home
- moving to sheltered housing
- moving to extra care housing where there is 24 hour support and care
- short stays in a residential or nursing home
- longer term accommodation in a residential or nursing home.

If there is a delay in arranging any alternative provision there is a possibility of a short stay bed if your needs meet the criteria.

Information about this is available from the Integrated Discharge Team.
The day of your discharge
A final check will take place to ensure that everything is in place for your discharge.

On your day of discharge, if you do not need to stay in a bed for medical reasons, you will need to be ready to leave the ward by 11am at the latest. If necessary the ward staff can arrange for you to wait in the comfort of the discharge lounge for your relatives or for any drugs you need to take home with you.

A supply of your current medication may be given to you or your carer. If you have any questions or concerns about your medication please speak to the nurse in charge.

Useful contacts

Ward _______________________________________________________

Social worker _______________________________________________

Occupational therapist _______________________________________

Physiotherapist _____________________________________________

Community nurse ____________________________________________

Customer Care Team
Please contact the Customer Care Team if you have any concerns or are uncertain about any aspect of your treatment, They are here to help or find someone who can.

Phone: 01625 661449

Freephone: 0800 161 3997

This leaflet is intended to help you, your relatives and friends to understand how your discharge or transfer from this hospital will take place.
For further information on the references and sources used for this leaflet, please contact 01625 661184.

Comments, compliments or complaints
We welcome any suggestions you have about the quality of our care and our services. Contact us: Freephone: 0800 1613997
Phone: 01625 661449
Textphone: 01625 663723 Customer Care, Reception, Macclesfield District General Hospital, Victoria Road, SK10 3BL
For large print, audio, Braille version or translation, contact Communications and Engagement on 0800 195 4194.

East Cheshire NHS Trust operates a smoke-free policy (including e-cigarettes)
For advice on stopping smoking please contact our Stop Smoking Service on 0800 085 8818.

East Cheshire NHS Trust does not tolerate any form of discrimination, harassment, bullying or abuse and is committed to ensuring that patients, staff and the public are treated fairly, with dignity and respect.