

## Other sources of information

For more information please speak with staff in the hospital.

You may also be interested in the following leaflets:

- ◆ Free Personal Care
- ◆ Community Care – Assessment
- ◆ Moving into a carehome
- ◆ Accommodation for older people

The following independent agencies offer advocacy as well as information and advice:

Borders Independent Advocacy Service (BIAS)

Unit a, Edenside Workshops

Inch Road

Kelso TD5 7JR

Tel: 01573 226162

Email: [bias.borders@virgin.net](mailto:bias.borders@virgin.net)

Alzheimers Scotland Action on Dementia

Unit a, Edenside Workshops

Inch Road

Kelso TD5 7JR

Tel: 01573 226162

Email: [Bordersproject@alzscot.org](mailto:Bordersproject@alzscot.org)

Princess Royal Trust Borders Carers Centre

Roxburgh Street

Galashiels

TD1 1NY

Tel: 01896 752431

Email: [Centre@borders.carers.net](mailto:Centre@borders.carers.net)



# Moving from Hospital

***– Information for Patients being Discharged from Hospital***

## Who is this leaflet for?

This leaflet is for anyone who has come into hospital for medical treatment. It is also for family, carers, and friends.

## What will happen in hospital?

You may have contact with a number of different members of staff including doctors, nurses, physiotherapists, occupational therapists, or social workers. All are there to help you to get well enough to go home. All are there to help you recover as fully as possible and be able to get back home safely with support if it is needed.

## Discharge from hospital

Discharge from hospital normally takes no longer than six weeks from the moment when it is decided that you are clinically fit for discharge. The decision to discharge you from hospital is made by the consultant in charge or in some community hospitals by GPs, after consultation with all those involved in your care.

If you feel that you are not ready to be discharged, you may talk with ward staff or your doctor. If you are still dissatisfied you have the right to

appeal to the Director of Public Health to review the decision. To contact the Director of Public Health please phone: 01896 825560.

## Support after discharge

You may need some additional support at home after discharge. To find out what help you need, with your agreement, we will carry out a community care assessment. We will then put in place the care that it is agreed you require.

This may include, homecarers coming in to support you with personal care in your house, an alarm system so you can call for assistance, a meal delivery service or a laundry service.

Wherever possible we will try and support you at home, but if it is not possible a move into a care home may be the best option. Moving into a care home is a major change in anyone's life. We will provide you with all the information and advice you will need to help you make this important choice. Moving into a care home only becomes an option when it is no longer possible for you to manage safely in your own home, even with additional supports.

## Moving to a care home

If you need to move into a care home, you will be given information about the care homes in your locality and will be asked to make three choices in order of preference. When you have made your choices, we will try to get you a place in one of these homes. Normally a place will be found in a suitable care home within six weeks of the decision to discharge you from hospital.

If a place in a home of your choice is not available within six weeks we will look at the availability of other affordable places, and help you to move there until a place becomes available. You will stay on the waiting lists for the care homes you originally selected. If, however, you wish to remain in the temporary care home we will try to arrange this where possible. If this home is some distance from a care home of choice we will look at ways of helping your family/friends to visit you.