

Your hospital discharge to another place of care (Pathway 2 – short stay)

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01392 402093 or at rduh.pals-eastern@nhs.net (for Mid Devon, East Devon and Exeter services) or on 01271 314090 or at rduh.pals-northern@nhs.net (for North Devon services)

Why am I being discharged from hospital?

You are being discharged as your health team have agreed that you are now able to continue your recovery in another care setting outside of the hospital.

What can I expect?

This will be a short stay in a care home, funded by the NHS for up to four weeks, but may be less depending on your assessed needs.

During your stay, your recovery will be supported by the community health or social care teams to ensure you have the best opportunity to return home. You may be visited or contacted by Nurses, Physiotherapists, Occupational Therapists, Social Workers, Social Care Assessors, Support Workers or Therapy Assistants. Any team member involved in your care will introduce themselves and explain their role.

Your local GP cover will be discussed with you on admission to the care home.

What do I need to do?

We will ask you to:

- work with us to set clear and meaningful rehabilitation goals
- engage in an individualised rehabilitation programme, and commit to this between our visits
- engage in discussions regarding your long-term care needs to ensure a supported discharge.

What is rehabilitation?

Rehabilitation is optimising a person's function and maximising their potential to regain skills, confidence and independence; to enable them to do things for themselves.

We will work in partnership with you and those important to you, to develop a personalised rehabilitation plan, and where appropriate provide a tailored exercise programme.

This may be carried out in conjunction with your family, care home staff, therapy support workers, therapists or nurses.

This could include how you might manage:

- getting on and off the bed/chair/toilet
- walking
- washing and dressing yourself
- preparing meals

What happens after my NHS funded short-term stay?

We will work with you to plan your next steps. A joint decision will be made with you or an appropriate representative before the end of your NHS funded short-term stay. This will be to determine if you have any long-term care needs and how these needs can be best met. This may include returning home with an appropriate level of care or remaining in a care home.

If you have savings or investments over the local authority's financial threshold you will be required to privately fund a package of care at home or an extended stay in a care home. Although we are unable to recommend specific care homes or agencies, we can provide a list of care providers to support you in sourcing your own care.

If you are unsure of your financial situation, we can provide you with some fact sheets for more information on paying for your community service or residential and nursing care and can direct to you to Care Direct for further advice.

If you are under the financial threshold and deemed eligible for ongoing social care support, you will have a financial assessment. This will determine what contribution, if any, you will be required to make towards the cost of your care.

Any identified ongoing rehabilitation will be provided by your local community therapy team free of charge under the NHS.

What if I require equipment at home?

Equipment that is required to support your return home will be discussed with you. You may be expected to provide some of the equipment yourself.

How will I get home?

If you are returning home or going to another care home after your short-stay placement has ended, you may be required to organise and pay for your own transport.

Contact Information

The team working with you will be:

Useful contact numbers:

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern, please contact:

PALS Mid Devon, East Devon and Exeter

- ✓ call 01392 402093 or email rduh.pals-eastern@nhs.net. You can also visit the PALS and Information Centre in person at the Royal Devon and Exeter Hospital in Wonford, Exeter.

PALS North Devon

- ✓ call 01271 314090 or email rduh.pals-northern@nhs.net. You can also visit the PALS and Information Centre in person at the North Devon District Hospital in Barnstaple.

Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

Tell us about your experience of our services. Share your feedback on the Care Opinion website www.careopinion.org.uk.

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