



### Let's talk about...

- What to expect?
- Getting ready to leave the hospital
- What support is available
- What is reablement?
- What if you already have a care package?
- Will I need to pay for my care and support?
- Where to go for more information

## A guide to **Leaving Hospital**

Department of Community  
and Children's Services  
City of London Corporation



Adult Social Care

# A guide to Leaving Hospital

## What does it mean to be discharged from hospital?

You will leave the hospital when you no longer require hospital care, this is called being discharged.

We want to make sure you are discharged as soon as you are ready and it is safe to do so.

It is important to start planning and preparing for this stage to avoid this being confusing or stressful.

## Getting ready to leave the hospital

- ☑ Speak to your ward staff about what needs to happen when you get home
- ☑ Consider what support you might want when you get home and how family and friends may be able to assist you and involve your family or carer in any conversations
- ☑ Think about what your goals are for your recovery at home
- ☑ Organising your transport home on your discharge day and who will meet you when you get home

## What to expect?



Before leaving hospital, health or social care professionals will discuss your needs and discharge arrangements with you, and your family or carer if you would like them to be involved.



To help you get home quickly, we will no longer carry out comprehensive assessments in hospital. Instead, our Team will support your recovery after your discharge and continue your assessments out of hospital.



This means you can get better with the support of our team. They will help you get back to your normal life and assess your longer-term needs in the right place.

## What support is available?

### Reablement Service

If you are new to care services or have the potential to improve then you may be offered a Reablement Service.

Reablement is a type of short term, intensive care that helps you adjust to daily activities such as cooking, washing, dressing, and going shopping.

It is an individual approach and works with your strengths and what goals you would like to achieve as no two people are the same and not everyone will have the same goals.

Carers will attend your home to help you with the tasks identified as goals and practice those with you.

They help you to remain motivated and engaged to reduce the level of care you need and regain your independence. This is a free service which is up to six weeks.

The length of time that you are on the service will depend on your physical health, motivation, and your goals.

### Telecare Service

You may be referred to telecare services in the community. Telecare is a monitoring service that offers remote support to vulnerable people who live alone in their own homes. For example, a falls alarm or pendant alarm. There may be a small fee for this service.

### What if I already have a care package?

If you had a care package prior to being admitted to hospital, we will aim to return you to the same care provider.

### What if I need more support that can be provided at home?

Sometimes, people may need to be discharged into a care home, for a period of time, to meet immediate care and support needs. This will enable you to make decisions on your longer term care arrangements.

**Your views and wishes will be central to all decisions around your care and support.**

## Will I need to pay for my care and support?

All people living in City of London are financially assessed for their long-term care and support needs. If you are new to the service, then you will be given a Financial Assessment form which we require all people who are assessed to have long term care needs to complete. If you require assistance completing the form, let us know and this can be provided.

Most people pay only a small contribution or no charge. However, some people's savings are above the threshold and they will pay the full cost of their care. If this is the case, we would consider you to be a self-funder and you can, if you wish to arrange your care and support independently.

## Do you look after someone?

Do you provide unpaid help and support to a parent, partner, child, relative, friend or neighbour who could not manage without your help, due to age, physical or mental health issues, substance misuse or disability?

If you answered 'yes', then you are a carer and there may be support available for you.

If you are a carer, you may be able to access support from the City of London Corporation's Social Care Team, your GP and other agencies. You may also be entitled to Carer's Allowance.



020 7332 1224 (Monday - Friday, 9am – 5pm)

[adultsduty@cityoflondon.gov.uk](mailto:adultsduty@cityoflondon.gov.uk)

Community and Children's Services  
Guildhall, North Wing  
PO Box 270  
London  
EC2P 2EJ



Adult Social Care  
October 2024