

Leaving hospital



EasyRead version



Leaving hospital

When you feel better you can leave hospital. Staff use the word “discharge” when talking about people leaving hospital.



The doctors and nurses will talk to you every day about why you are in hospital and when they think you are able to leave.



If you are not sure when you are going to leave, ask the staff on the ward.

Help when you leave



Most people go home when they leave hospital. Some may go to other hospitals or to care homes.



People who go home from hospital may have help from carers, nurses or therapists.



Sometimes, new equipment may be put into your house to help you manage better at home.



If you are going to need extra help when you leave hospital you will meet a social worker or discharge planning nurse.

These people will talk to you about what help you may need.



It is a good idea to have food and basic supplies at home. Ask a carer or relative if they can help you.



If you need extra help, a free service called **Welcome Home from Hospital** can help.

They can visit you at home after you leave hospital.



If you want this help, please ask the staff.



Travel

When you leave hospital, it is best to ask family, friends or carers to pick you up.



Some people leave hospital in an ambulance.

The doctors and nurses will decide if you need this.



When you leave hospital



Make sure you have all your belongings from around your bed.



Collect anything valuable you may have put in the hospital safe. Staff can help you to collect your belongings.



When you leave the hospital the nurses will give you 2 things:

1. A letter about your stay in hospital.



2. Your medicines - the nurse will speak to you about these and help you understand what they are for and when you should take them.



Equipment

You might need to take some hospital equipment home, like crutches to help you walk.



You can borrow our equipment but we will need it back.



Please return any equipment when you have finished with it so we can use it to help other patients.



Seeing the doctor again

The doctor may want to see you again. If so, we will make an appointment before you leave or send you a letter by post.



Any questions?

If you have any questions about the information in this leaflet, please ask the staff to help you.

You can get this information in other formats, like:



Braille



large print



audio



Just get in touch with us by email:

patient.information@addenbrookes.nhs.uk



by telephone:

01223 216 032

Or you can get in touch with the Patient Advice and Liaison Service (PALS)



01223 216 756

Useful contacts



Medicines helpline

Telephone:



01223 217 502

The helpline is open Monday to Friday between 9.00am and 5.00 pm

Age UK

Telephone:



0800 678 1602

Website:



www.ageuk.org.uk



Telephone:

0808 808 7777



Website:

www.carersuk.org

NHS 111

Telephone: 111



Website:

www.nhs.uk



Welcome Home from Hospital

To help patients in Cambridgeshire

Telephone:



01223 714 433

Open Monday to Friday
10am to 4pm



Credits

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