

A family carer's guide to planning for hospital discharge

Things for you to consider before discharge



Do you know the diagnosis and treatment plan for the patient?

If not, please speak to a member of the ward team.

Do you need advice or training in regard to:

- giving medications
- safely moving the person
- nutritional support
- continence support
- skin care
- what to observe for / changes in patient's condition

If you answer yes to any of these questions, please speak to a member of the ward team.

Have you considered your own needs?

- Are you getting enough sleep?
- Are you able to access respite support?
- Are you able to cope with caring activities?
- Do you have an emergency plan in place?
- Do you have a support network?

If not, please contact the Family Carer Support Worker (card in this pack).

Discharge checklist

- Are all the services in place to support you and the person you care for, or do you know when they will be in place?
- Has essential equipment been delivered and fitted?
- Have arrangements been made regarding transport home?
- Have follow up appointments been arranged (if needed)?

If you answer no to any of these questions, please speak to a member of the ward team.

You will be given a short supply of medication on discharge from hospital. When this is coming to an end, please contact the patient's GP surgery.

Following discharge, if you have any concerns, in the first instance call the patient's GP surgery.

Please also see the information leaflet in the family carers' pack for details of organisations that may be able to offer support following discharge.