

## Patient information

# Get ready, get steady, get home

## Planning your discharge from hospital

### Get ready

Hospital is the right place for you at the moment but it won't always be the case. We will try to get you home as soon as your doctor decides you are ready.



You might need more time to get to your optimum fitness but it is better for you to do this in your own home, with additional support if needed.

### Did you know?

- Staying in hospital can put you at increased risk of infection
- Two days of bed rest leads to 2-5% reduction in muscle strength
- 10 days in bed leads to a 14% loss of muscle strength

The team caring for you will give you a planned discharge date, which is the date we would like to send you home from hospital.

If going home is something that you might not be looking forward to, you can speak to a member of our nursing team about what that means for you.

## Get steady

You can help us in preparing you for getting home.



It's very important to keep as active as you can and as close to your normal routine as possible. Make sure you bring in clothes and shoes and, as soon as you are able, try to get out of your pyjamas and get up, dressed and moving.

Having something to do is recommended, for example, crosswords, books, music etc.

You should also know the answers to these four questions, if you don't then please ask:

- What is the matter with me?
- What is going to happen today?
- How well do I need to be before I go home?
- When can I go home?

## Get home

On the day you are going home, we will aim to have you ready to go by mid-morning.



You will need to make your own travel arrangements when you Leave the hospital. Please make sure that a relative or friend can collect you. Ward staff will be able to give you a time when you are likely to be ready to leave.

In exceptional circumstances hospital transport is available. If you need patient transport on medical grounds, transport will be provided.

You might be moved to our discharge waiting area, where you can wait for friends or family to collect you, and where any medications you need will be dropped off. Drinks and snacks will be available and you'll be nice and comfortable.

Please ensure you:

- Have your door key or someone at home to meet you

- Ask friends or family if they can pop in and check your home before you arrive – to stock up on some food or check it is warm enough, for example

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)*

<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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