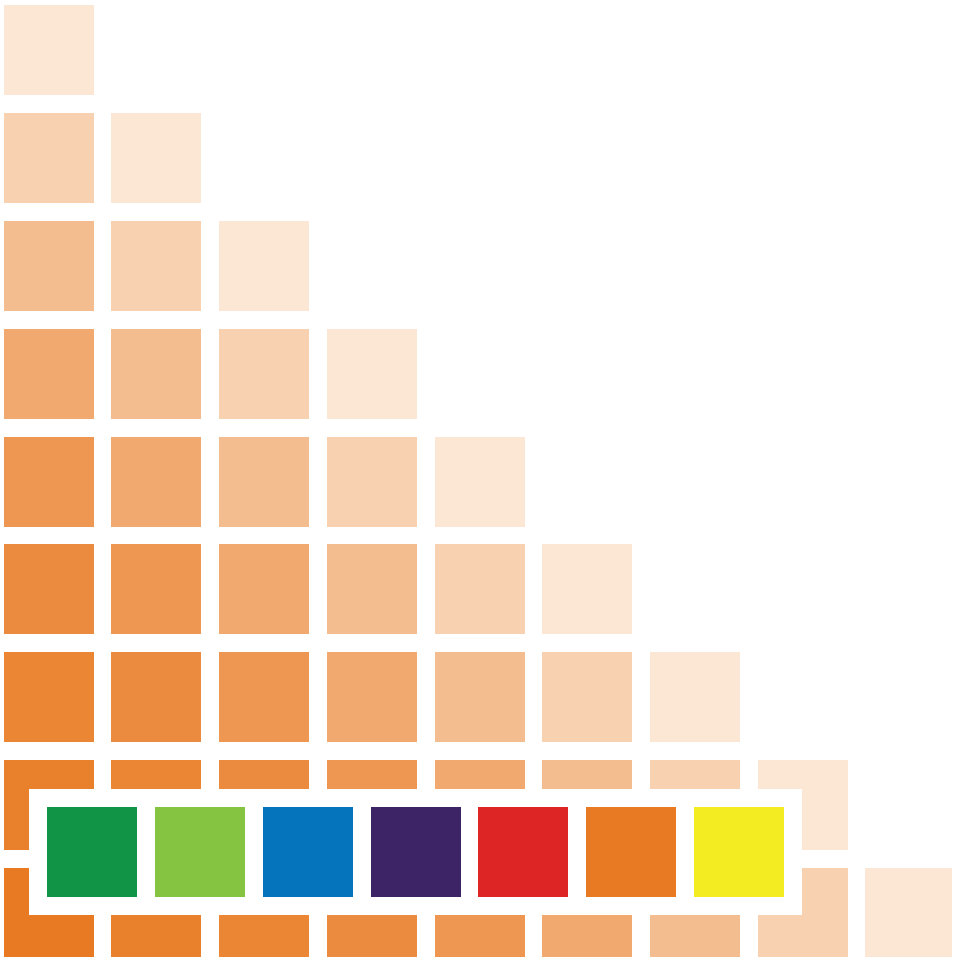


# Royal Brompton Hospital Preparing to go home



## Preparing to go home

You will soon be ready to go back home. This leaflet gives information about services available to you if you need support at home or if you find it difficult to carry out daily tasks such as washing, climbing stairs or doing your finances. Your nurse can refer you to appropriate services at Harefield Hospital for further help.

### Personal care

If you need help with washing and dressing at home, your nurse can refer you to occupational therapy (OT). OT will see how much support you need and refer you to your local social services for care at home. Social services will do a financial calculation to see how much you will pay towards the cost of your care.

### Domestic help

Most social services do not provide care for domestic help and shopping. They sometimes provide a list of agencies you can contact to arrange for your own help.

### Meals

If you need help with meals, you can apply to your local council for a hot or frozen 'meals on wheels' service. The cost varies depending on where you live. You can also buy meals directly from a provision service. Please ask your nurse to get a free catalogue from the social work department.

## Equipment

Occupational therapists will know if equipment or changes at home such as putting rails in can make your tasks easier. Small aids such as long handled aids for personal care can be provided by your occupational therapist. Larger equipment such as commodes, toilet seats or bath boards will be ordered through your local social services.

If you are expected to recover quickly, you can hire equipment from the Red Cross. They loan wheelchairs, commodes, frames and other equipment.

Please ask your nurse for information if you wish to arrange equipment yourself.

## Stairlifts

This is an option if you are unable to use the stairs and it is impossible for you to live on a single floor in your home. Your physiotherapist will refer you to occupational therapy if you have difficulties. They will check the possibility of using rails or living on a single level at home. If you need a stair lift, you will be referred to your local social services. A grant may be given by your local social services department if you can't fund a stairlift yourself. This can take quite a long time to complete.

There are companies that provide stairlifts for hire or to buy. Please ask your nurse for an information sheet if you wish to arrange this yourself.

## Ongoing therapy at home

If you need help from physiotherapists or occupational therapists when you get home, this will be provided by your local rehabilitation service. We will make sure your local service is fully aware of your needs.

## Prescriptions

If it is difficult to collect your prescriptions, contact your local pharmacy. They may offer a delivery service which is usually free of charge.

## Tips for preparing to go home

“Someone” refers to your next of kin, friends, neighbours and formal carers.

- Get someone to put milk and bread in the fridge so you have the basics on returning home.
- In winter, ask someone to switch on your heating before you arrive so you have a warm house to return to.
- Write down a list of people you can contact if you have questions when back at home.

## List of contacts

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## Support services in the community:

The Care Quality Commission is the independent regulator of health and social care in England. They provide details about care services in the community and in care homes.

[www.cqc.org.uk](http://www.cqc.org.uk)

03000 616 161

**Age UK** offers various services to help people over 60. Contact details of your local branch can be found on their website, the Yellow Pages or directory enquiries. The main advice number is: **0800 169 6565** (freephone).

## Benefits

For advice on benefits or to check that you are getting the right benefits, please contact the Benefit enquiry line **0800 88 22 00** (freephone) or **0800 24 33 55** (text phone).

Directgov website

[www.direct.gov.uk](http://www.direct.gov.uk)

## Citizens Advice

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

Contact details of your local branch can be found on their website, the Yellow Pages or through directory enquiries

Please ask your nurse if you have any further questions regarding information provided in this leaflet.

## PALS

If you have concerns about any aspect of the service you have received in hospital and feel unable to talk to those people responsible for your care, call Patient Advice and Liaison Service (PALS) on **020 7349 7715** or e-mail [pals@rbht.nhs.uk](mailto:pals@rbht.nhs.uk). This is a confidential service.

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إذا كنت ترغب في الحصول على ترجمة فورية لمضمون هذه الوثيقة إلى اللغة العربية، يرجى منك الاتصال بأحد مستخدمينا بجناح المصلحة التي يتم فيها استشفائك. أحد موظفينا سيسعى لترتيب إجراءات الترجمة وإتمامها في الوقت المناسب لك.

Brosürteki bilginin Türkçe tercümesi için tedavi görüyor olduğunuz bölüme bas vurunuz. Bölüm personeli tercümenin gerçekleşmesini en kısa zamanda ayarlayacaktır.