

# Possability People

## What is Link Back?

Link Back is a free service for older people in Brighton and Hove following a stay or outpatient appointment at the Royal Sussex County hospital (RSCH). The service aims to link people to the community, voluntary and private sector services that can enhance their independence and day to day lives on their return home.

## Benefits of the service

- Provides specialist local knowledge to enable speedy referral to local services.
- Provides information and advice needed to reduce loneliness and social isolation.
- Enhances local connections which improves health and wellbeing.
- Supports health and lifestyle change.
- Improves self-esteem, confidence and independence.
- Connects people to their neighbourhood.

## Service Outcomes

- To work with people to identify opportunities that will help them adopt healthier lifestyles or improve wider social aspects of their lives.
- To reduce the length of hospital stays, aid patient's discharge home and reduce incidences of readmission.

## Who is eligible to support from the service?

- People aged 55+ discharged from Royal Sussex County Hospital.
- People attending the Rapid Access Clinic for Older People (RACOP).
- People being discharged from Craven Vale Resource Centre.

## Referral process

Referral made by phone or email directly to the Community Link Specialist by clinicians and discharge staff at RSCH and Craven Vale.

Initial contact with the patient (family/ friends/carers as appropriate) made either on the ward or by a phone call with follow up home visit to assess and plan support.

## Service offer

Link Back offers an initial support planning session either at home or over the phone and then ongoing support as required over a three month period. There is a final review at three to four months.

## What kind of support can the service link people to?

The service will help older people identify and access services in the voluntary, community and private sector. For example:

- befriending support at home
- social activities including lunch clubs and day centres
- mental health peer support and advice
- counselling support
- short term re-ablement support
- disability and welfare benefits advice and advocacy
- local, paid for in-home services such as hairdressers, gardeners, handymen, etc

A searchable, online database of free and low cost activities and businesses and services to help people at home can be found at [www.itslocalactually.org.uk](http://www.itslocalactually.org.uk)

## For more information about the Link Back Service

Contact Gwyn Chanlewis, Community Link Specialist

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## Possability People

Possability People is a charity committed to helping people make more things possible in their lives, no matter what their situation. We work with disabled people, older people, younger people or anyone with an impairment or long term health condition.

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