

Overview

- You have been seen in the Emergency Department and considered to be medically fit for discharge back home. This leaflet outlines general advice and services to support you. If you have any concerns about how you will manage at home, please let a member of staff know and we will do our best to help you.
- If your recovery is not going as expected at home, contact your GP or your council's social services team and they can assess the situation.
- You might want to consider care at home if:
 - you're finding it difficult to cope with daily routines, such as washing, dressing and getting out and about;
 - you don't want to move into a care home;
 - you can still get about your home and it's safe for you to live in – or it can be adapted to make it safe.
 - www.nhs.uk/conditions/social-care-and-support-guide/care-services-equipment-and-care-homes/homecare/

If I fall and can't get up?

- Dial 999 and ambulance staff trained how to move patients will be pleased to help. Nobody should try and lift you without help.

General advice

- For general medical advice please use the NHS website, the NHS 111 service, walk-in-centres, or your GP.
- The **NHS** website provides online health information and guidance www.nhs.uk
- **NHS 111** phone line offers medical help and advice from trained advisers supported by nurses and paramedics. Available 24 hours a day. Calls are free from landlines and mobile phones.
- There are walk-in and urgent treatment services at Brighton Station, in Crawley and at Lewes Victoria Hospital. www.bsuh.nhs.uk/services/ae/
- **Patient Advice and Liaison Service (PALS)** can be contacted with your comments and concerns, and to provide general support. PALS@bsuh.nhs.uk
RSCH: 01273 664683.
PRH: 01444 448678
PALS, Royal Sussex County Hospital, Eastern Road, Brighton BN2 5BE

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Disclaimer: The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

Ref number: 1000
Publication date: August 2019
Review date: August 2021



NHS

**Brighton and Sussex
University Hospitals**
NHS Trust

Coping at home

Advice for patients seen in the Emergency Department

Royal Sussex County Hospital
Level 5, Thomas Kemp Tower,
Eastern Road, Brighton BN2 5BE
01273 696955 extn. 64261

Princess Royal Hospital
Lewes Road, Haywards Heath RH16 4EX
01444 448745
www.bsuh.nhs.uk

Recovery at home

- This leaflet outlines general advice and services to support your return home. It is usually better for your recovery to be at home and as active as possible.
- After a long hospital stay you may become less able to manage in your own home. If you're normally up and about, you may find it harder to move around because you've lost strength. Ten days in hospital leads to the equivalent of 10 years ageing in the muscles of people over 80. Hospital stays also expose you to the risk of infections which you may be ill-equipped to resist. That's why we don't want to keep you in hospital any longer than you need. However, if you have any concerns about how you will manage at home, please let us know.

Confusion and dementia

- Many people become forgetful as they become older. This may be due to dementia but infections also cause sudden confusion and memory problems, particularly in older people. New surroundings can make things worse. An older person or someone with dementia may be less confused in familiar places and with their usual routines. This is why many people with dementia cope well in their own homes.
- If you are concerned your memory is affecting your ability to cope please talk to your doctor.

Managing at home

- It is important to us that you will be safe and able to manage at home. Although some people require no extra help, our discharge team can assess your needs.
- If necessary there are services we may be able to access to support your return home including:
 - Community therapy
 - Falls prevention
 - Community (district) nursing
 - Adult social services
 - Voluntary services
- If these are identified as appropriate for your needs our staff can discuss these options further with you.

For your safety at home

- Make sure all your carpets are secure and remove loose rugs.
- Ensure your lighting is adequate, with brighter bulbs on stairs.
- Ensure furniture is arranged so that you can move around easily.
- Make sure your phone is accessible and stay in contact with friends and family.
- You may want to consider the benefit of a community alarm.

Support services

- Some useful links are provided below, though websites are subject to change and your county council and GP may have more up to date information.
- Age UK 0800 678 1602 - Information and advice to support older people to live well. www.ageuk.org.uk
- Carer Support
 - www.eastsussex.gov.uk/socialcare/carers/
 - www.carerssupport.org.uk/
- Citizens Advice Bureau 0844 477 1171 - Free information, advice and guidance service for patients, friends and relatives.
- Community equipment
 - www.eastsussex.gov.uk/socialcare/support-to-stay-at-home/equipment-to-help-me-at-home/
 - www.westsussex.gov.uk/social-care-and-health/support-in-your-own-home/home-loan-equipment/
- Meal delivery - Apetito 0808 115 8694.
- Red Cross - Provide transport to health appointments and support at home www.redcross.org.uk/get-help/get-support-at-home.
- Wellbeing 01323 644422 / 08450 766515 - Telecare products including: personal alarms and key safes. www.wellbeing.org.uk