

# When am I going home?

It's ok to ask.

Once you have had the care that you need in hospital, research shows that going home will help you get better much faster. That's why it's important that we work together to get you, or your loved one, home when it is safe to do so.

This booklet contains more information about why it is important to move on from hospital as soon as you are ready and how we can work together to help get you home.



We know that you would rather recover at home than in hospital. That's why we're working together to make getting you home safely a priority.

It's important to remember that most patients will continue to recover at home once they leave an acute hospital. In fact, many patients need to leave hospital to be able to complete their recovery fully.

Staying in hospital for longer than necessary has a negative impact on how well patients recover. Ensuring that patients are given the chance to continue their lives at home is vital for their long-term wellbeing outcomes.

We want to empower patients and their families with the confidence to continue their recovery in a familiar environment.

Sometimes, patients' families can help us to get them home more quickly, by providing a little support to allow this to happen. You won't be on your own because there's a wide range of support available to you. be on your own because there's a wide range of support available.


## Why there's no place like home

Hospitals are very busy, unfamiliar environments.

This can mean that people get less rest because on many wards, our teams are in and out all through the night, caring for the very unwell.

Our services are designed to treat the acute phase of illness or injury, not for recovery and recuperation.

Elderly people, the chronically ill, and those with life-limiting conditions are the same people who spend the most time in healthcare settings. These are the very people who have the least time to waste. When patients have been in hospital for a long time, especially when they are older, they are more likely to experience frailty or impairments to their daily living.



Having the right assessment then leaving hospital sooner reduces deconditioning and significantly improves outcomes since 10 days in hospital leads to the equivalent of 10 years ageing in the muscles of people over 80.



# Advantages of recovering at home



## Physical strength

If you stay in bed for long periods, you lose mobility, fitness and muscle strength, which makes it harder for you to regain your independence. Getting up, dressed and moving helps maintain muscle strength and your ability to do things for yourself. When you're in an unfamiliar environment like a clinical ward, you may be more likely to fall because you don't have those familiar things around you to steady you if you lose your balance for a moment.



## What is deconditioning?

Deconditioning is a decline in function and for older people with frailty, this may start within hours of their lying on a trolley or bed. Up to 65 per cent of older patients experience decline in function when they are in hospital. Many of these patients could prematurely end up in a care home because of 'deconditioning' and the loss of functional abilities while in hospital.

## Rest

Good sleep is essential for a long and healthy life but it's even more important when you're recovering from an injury or illness. Hospitals are busy places with lights, talking and noises from equipment, which can cause sleep deprivation. There's no bed like your own bed when it comes to getting a good night's rest.



## Mental wellbeing

Being in familiar surroundings with support from your loved ones is one of the best things for mental wellbeing. Hospitals are unfamiliar and can be very confusing which increases your risk of developing delirium (sudden confusion). You may also lose confidence in your ability to manage things for yourself, and we want to support you to get this back.

## Infection

When you're unwell, you're often less resistant to infections. We do everything we can to prevent you from developing an infection but the risk is usually lower at home where there are fewer unwell people under one roof.



# Going home checklist

We want patients and their families to feel confident to continue their recovery at home or in a more familiar environment and away from a hospital ward. Sometimes, patients' families can help us to do this more quickly by providing a little support to return home and if needed there's a range of support from others who can provide further advice or practical help and support.

This checklist is designed to support patients and carers.

General	Have you checked...
	Do you know where you are going after you leave hospital? (back home, to an intermediate care centre, to a care home?)
	Can you arrange your own transport or need support with this because of your mobility?
	Do you have your medication and understand when to take it?
	Do you have your walking aids and/or equipment you need to go home?

At the home	Have you checked...
	Access - Do you have your keys to your home? Or who has the keys?
	Heating and Lighting - Will the heating and lighting be on? If not can someone help with that?
Essential Food and Drinks - Will there be essential food items, for example, bread and milk or can someone help with that?	

It's ok to Ask. By sharing information and following the advice of the doctors and nurses looking after you, we can help you get ready to go home quicker.

Here are some questions to ask us:

1. What is wrong with me?
2. What is going to happen next?
3. What can I do to help myself get better?
4. When am I likely to go home?





## Useful numbers



If you are unwell once you are home you can call 111 to seek medical advice or help.

Ask for the Pharmacy helpline via 111 if you are unsure about your medication.

**Sheffield City Council – Adult Social Care.** Provides help and advice to find the support someone might need to help stay independent, safe and well at home.

Contact: First Contact Team 0114 273 4908  
[www.sheffield.gov.uk/social-care](http://www.sheffield.gov.uk/social-care)

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**Sheffield Churches Council for Community Care (SCCCC)** is a local charity that co-ordinates a broad range of services across the city. They work with the hospital, health and social care teams and provide short term help, advice and practical support to people over the age of 65. This includes help to return home, immediately after they leave and the support can often extend to family and friends of the patient.

Contact: 0114 250 5293  
Website: [www.SCCCC.co.uk](http://www.SCCCC.co.uk)

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**Age UK Sheffield** offers a wide range of help, advice and support to older people over the age of 50 and their carers. The aim is to help people to achieve and to continue to live independently and includes a range of specialist services to people living with dementia and their family carers.

Contact: 0114 250 2850.  
Website: [www.ageuk.org.uk/sheffield](http://www.ageuk.org.uk/sheffield)

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**Sheffield Carers Centre**, is an local charity affiliated to the national Carers Trust charity and provide services to support unpaid adult carers in Sheffield. They support carers who are looking after a loved one, a family relative or friend who may be experiencing a range of difficulties due to ill health or mental health. They provide advice, a range of services to help carers focus on their own health and wellbeing and can also connect carers to others in a similar situation.

Contact: 0114 2728362  
Website: [www.Sheffieldcarers.org.uk](http://www.Sheffieldcarers.org.uk)

