

Recover at Home



Information for patients and service users

Introduction

The overall aim of our service is to work with you to identify what your on-going care and support requirements are to ensure that you are able to recover at home safely. How long we support you depends on your needs, which will be assessed on the first day you get home from hospital.

We will establish whether you:

- can manage on your own (with or without support from family, friends or neighbours)
- can manage on your own after a period of time (with or without support from family, friends or neighbours), but with further guidance and support from us
- require an on-going support at home

Who will do the assessment?

A fully qualified occupational therapist or physiotherapist will visit you at home and conduct the assessment there.

What can we help with?

We can support you with a range of daily living tasks. When we meet you to complete our initial assessment, we can identify what tasks you will need help with and at what time of day.

Tasks include:

- support with getting in and out of your bed/chair
- moving around your home
- washing and dressing
- toileting or managing catheter/stoma/pads
- preparing drinks and meals
- onward referral to other services e.g. for managing medication

Unfortunately we cannot help with cleaning, laundry, shopping or gardening but may be able to assist with advice on getting help.

Will I have to pay?

This service is free of charge initially. Should you require ongoing care, the process will be explained to you by your health and social care worker. There may be a cost to ongoing care and an assessment of your financial position will need to be undertaken to determine this.

Who do I contact if I have any questions?

If you have any questions whilst you are still in hospital, you can speak to the nurse in charge. When you arrive home you will be given contact numbers and further information as part of your introduction to the team. Please use these contacts if you have any questions from thereon.

Help us prevent the spread of infection in hospital.

Please make sure your hands are clean. Wash and dry them thoroughly and/or use the gel provided.

If you have been unwell in the last 48 hours please consider whether your visit is essential.

If you need this leaflet in a language other than English, or would like to receive this information in large print, Braille or audio, please contact the Patient Advice and Liaison Service (PALS) on 01934 647216.



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For details on how to contact us via email, please visit our website.