



No place like home

What is Home First?

When your hospital treatment is finished, the best place for you to recover is at home. This is known as the Home First approach. Home First brings together different types of support to allow you to recover at home.

Recovery at home allows you to get back to as much of your daily routine as possible, which is vital for recovery, maintaining muscle strength and your mental wellbeing.



What are my discharge possibilities?

There are a range of options that will be explored by the medical team looking after you. They'll work with you to decide on the best choice for your individual needs. This could include:

- **Discharging you home with no further help required**
- **Discharging you home for a period of short-term support to help you settle back into your regular routine**
- **Discharging you home with some longer-term help to manage your care needs, reablement and support to maintain your independence in your own home**
- **Discharging you for a period of intermediate care or reablement in a community hospital or care home before returning to home**

If you're clinically ready, you may be discharged to have an assessment for any short-or longer-term care needs in your own home. This is sometimes known as discharge to assess.

What will be included in my discharge plan?

The plan for your discharge starts as soon as you're admitted to hospital and in some cases, even before you're admitted if your treatment is pre-planned. Your discharge plan will include details of why you were in hospital, your treatment plan and any medication you require. It will also take you through the care and support you'll need once at home and measures put in place to meet these needs.

When can I go home?

Once you're admitted, the team looking after you will work with you, and other health and social care professionals, to determine when you're likely to be well enough to go home. This is to ensure everything can be put in place to support your discharge from hospital. The team will review this regularly to make sure any changes to your condition are considered as part of your plan.

Who looks after my discharge planning?

The team will normally include your:

- **doctor**
- **nursing staff**
- **social worker**
- **occupational therapist**
- **discharge co-ordinator**

Depending on the support you are likely to need when going home, this might also include input from:

- **physiotherapy**
- **pharmacy**
- **mental health**
- **diet and nutrition**
- **continence service**

What do I need to do before I leave the hospital?

You should check for a few basic things to make your return home as comfortable and easy as possible.

Getting home:

- Do you have clothes to go home in?
- Do you have your door key or access to your home?
- Do you have things like your glasses, hearing aids, dentures etc?
- Have you got enough money for your immediate needs?
- Is someone coming to collect you or is transport organised?

Making sure home is ready:

- Is someone able to make sure you have food and groceries for when you get home?
- Can someone put the heating on if it's needed?
- Can someone make sure you can easily get in and out of the main rooms in your house unobstructed?

Keeping on top of your recovery, medicines and appointments:

- Do you have a supply of prescribed medication and do you know how and when to take it?
 - Do you and your family / carer know how to confidently use any new equipment?
 - Do you know the details for making appointments and / or the details of any existing appointments, such as with physiotherapy?
 - Do you know how physically active you should be in the early stages of recovery?
 - If you need other supplies, such as incontinence products, has this been arranged?
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Other things you may need to think about:

- **Restarting benefits**, such as Attendance Allowance and Pension Credit, if these stopped during your hospital care.
- **Having the details of someone you can contact in an emergency?**
- **Having a support network** of friends and family you can contact for a chat if you're going to be in your home for longer than usual for a while?

What if I need equipment or adaptations to my home?

Your medical team and discharge assessment will indicate whether or not you'd benefit from adaptations or equipment around your home to help you live as independently as possible. This could include things like a walking aid or shower seat. It can also be adaptations such as the installation of a ramp or lower access bath.



Understanding your rights

If you want to understand more about your rights as a patient, or learn about what to do when things go wrong, you can find more information from the Patient Advice and Support Service: pass-scotland.org.uk



For more information on recovering at home visit nhsinform.scot/home-first



Right Care
Right Place