Your discharge from hospital

Safer for patients

Our commitment to you

We will help you recover and leave the hospital as soon as you are ready.

You will go home, or to somewhere that better meets your needs, when you no longer need hospital care.

This will help you to get back to your normal routine and feel like yourself sooner. You will sleep better and be protected from infections.

Staying in hospital longer than you need to can slow your recovery down. This is because spending too long in bed or being inactive can make you weaker and you may lose some ability or confidence to do things for yourself. Your memory and concentration can also be affected.

Planning your discharge

You will go home or to somewhere that better meets your needs when our team of doctors, nurses, therapists and social care colleagues agree it is safe and best for you.

We know this can be a difficult time and you may want to have everything in place before you leave.

But if you need care and support at home, it is easier to assess your needs there than in hospital. This helps us make sure the support you receive is right for you.

Your needs will still be assessed. You will be prioritised based on those needs, wherever you receive your care and support.

Once it's safe for you to leave, recovering at home or in a more suitable setting is best for you. It also helps ensure hospital beds are available for people who need specialist hospital care.

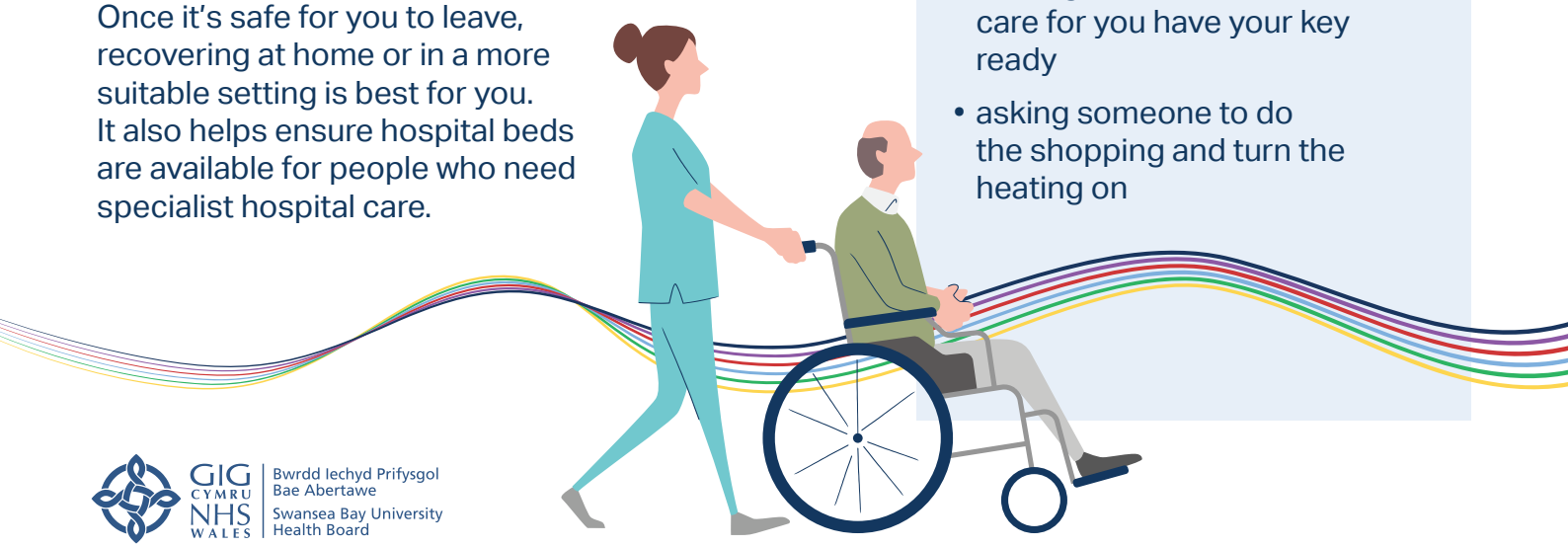
Steps towards home

We will:

- encourage you to get dressed every day
- help you to move and do things for yourself
- involve you and those who care for you in decisions
- let you know when it's time to go home or somewhere else
- make sure your medication is ready and explained to you
- make sure your discharge advice letter is ready
- discharge you by lunchtime

You can help by:

- asking loved ones or friends to bring in clothes for daytime, sensible shoes and any glasses, dentures or hearing aids you need
- drinking plenty of fluids, especially water
- arranging your own transport home
- making sure you or those who care for you have your key ready
- asking someone to do the shopping and turn the heating on



GIG CYMRU NHS WALES
Bwrdd Iechyd Prifysgol Bae Abertawe
Swansea Bay University Health Board