

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. If you need it, we will provide extra help for you at home or close by, to make sure you're continuing to get better.

Please read on to find out more.

At the moment, you're in hospital and, like most people, you would like to go home as soon as possible. That's why it's important that we work together to get you home when it is safe to do so.

When you start feeling better, we will make decisions with you to get you home and back to your own routine. This means getting back to doing the things that matter to you such as making a cup of tea when you want, or being with your loved ones.

By asking questions, sharing information and following the advice of your doctors and nurses, 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?

Working together to get you home safely

Here are a few ways we can work together to help your recovery. Please feel free to ask any questions along the way.

1. Making decisions together

We'll talk with you about leaving hospital and do our best to answer any questions or concerns you might have.

2. Thinking about your care after your hospital stay

We'll talk with you about any extra help you might need when you're back home.

3. Involve your family and carers

Where appropriate, and with your consent, we will involve your family or carers in decisions about your care.

Get up, get dressed, get moving

Tips to keep you active:

- **Sit up for meals, or when you have visitors**
- **Wash and dress every morning in your normal clothes**
- **Walk around the ward – use your mobility aid if needed**
- **Ask your doctor or nurse about simple exercises you can do**
- **Read a book, listen to music or do a puzzle**

Don't forget, if you have any questions you can always speak with your doctor or nurse.

Your views matter

We welcome your views on this leaflet.
Please help us by completing a short
online questionnaire at **bit.ly/3iysCQu**
or scan the **QR code** below.

