



NHS

Royal Berkshire
NHS Foundation Trust

Practical advice for going home

Advice on preparing your home for your discharge from hospital with care support

You are now almost ready to go home. If you are getting care support following your stay in hospital, these are some things to consider organising prior to discharge. Make sure these things are available (if suitable) and easy to reach. Ask your family and friends to help with setting things up.

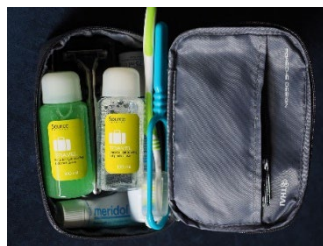
Washing and dressing

- Face cloths – If possible, light and dark to distinguish for use on top and bottom parts of your body.
- Towels – If possible, light and dark to distinguish for use on top and bottom parts of your body.
- If you will be doing strip washes in a room other than the bathroom, use a clean washing up bowl.
- Make sure you have easy fit / comfortable / loose clothing, which is clean and ready to wear.



Toiletries / grooming

- Shower gels / soap.
- Toothbrush / toothpaste / denture cleaner and pot or cup.
- Any preferred lotions / deodorants / scents.
- Shaver / razor / shaving cream.
- Comb / hairbrush.
- Shampoo / conditioner.



Contenance – *Ask ward staff for a Trust continence leaflet*

- Contenance pads – buy an initial stock of pad inserts / pull-ups.
- Catheter care – make sure you have a small supply of leg bags and night bags (provided by the ward).
- Nappy sacks for used items – to dispose of in general waste.
- Additional toilet roll / baby wipes / cleansing foams.

Eating and drinking

- In date supply of basic food items such as milk / bread / butter / tinned goods.
- In date supply of ready meals, such as Wiltshire farm foods / Oakhouse foods / Parsley box / supermarket brands that can be microwaved.
- Consider who will provide ongoing shopping support. Look at online / telephone / relatives / Age UK – Easy shop service.
- Make sure a flask or water bottle is at hand so that you can stay hydrated throughout the day between care visits.



Medications

- Organise repeat prescriptions.
- Organise ongoing delivery / collection of medications from your local pharmacy.



Your home

- If you have or are getting a key safe, please ensure the key is inside, ready for your discharge.
- Ensure your heating is working and turned on in the winter months.
- Ensure the hot water is available.
- If required, ensure electric or gas meters are topped up and consider how future top ups will be made.



Equipment – *You will get a separate equipment leaflet*

- If you are getting a hospital bed, it needs single bedding, ideally using flat sheets if available.
- If you get a commode, make sure you have disinfectant and cleaning products available.
- If you have a pendant alarm, please check it is in working order by pressing the button and talking to the call centre.

- Your care plan will include any specific needs you have so the visiting carers can refer to this to make sure you have all you require to recuperate comfortably.

If this equipment is faulty, needs maintenance, or you no longer need it, please contact NRS:

NRS Berkshire 0844 893 6960

NRS Oxfordshire 0845 223 2484.



Local councils / Social Services: OT assessments

If you require an occupational therapy assessment due to changes to your condition or if the equipment is no longer meeting your needs, contact your GP or your local council on the number below:

| | |
|----------------------|---------------|
| Reading | 0118 937 3747 |
| West Berkshire | 01635 503 050 |
| Wokingham | 0118 974 6892 |
| Bracknell | 01344 351 500 |
| South Oxfordshire | 0345 050 7666 |
| Windsor & Maidenhead | 01628 683 744 |
| Slough | 01753 475 111 |

Age UK Advice Line

Offering advice and support through a free advice line on 0800 678 1602. Lines are open 8am-7pm, 365 days a year. They also have specialist advisers at over 120 local Age UKs.



To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

K Bambrick, RBFT Early Supported Discharge Team, January 2025
Next review due: January 2027