

Your hospital discharge: Leaving the Royal Berkshire Hospital



This leaflet explains what you might expect to happen when you are discharged from hospital.

Why am I being discharged from hospital?

You are discharged from hospital when your clinical team have agreed that you are medically well enough to leave the Royal Berkshire Hospital.

Why can't I stay in hospital?

It is important that hospitals are able to look after people that need urgent care. Due to this, once you no longer need care in hospital, the multidisciplinary team will finalise your discharge plan. It is always our priority to discharge you to the best possible place to support your recovery, however if you not wish to accept the care that is offered to you, you will not be able to stay beyond your discharge date.

What can I expect?

Your clinical team will discuss discharge and transport arrangements with you (and a family member, friend or carer, if you wish). Social workers might be involved in these discussions. If you require care and support when you get home, this will be arranged. If you require rehabilitation, the therapy team will assess you. If appropriate, you may be referred to community reablement services (this includes community hospitals). This is a short-term service designed to help you meet your rehabilitation goals. There is no charge for this service. If longer-term care is needed, social services will need to discuss this with you and your family, and you may have to contribute towards or pay for this care. If you are assessed as requiring residential or nursing home care, this will also be discussed and a social worker will talk to you and your family.

Who can I contact?

After you have been discharged, if you have any concerns or need to speak to someone about your care, you can contact: **Discharge queries: 0118 322 5305** Monday-Friday 8am-4pm
Out of hours queries: 0300 365 1234 (**urgent** only)
Medication queries (Pharmacy): 0118 322 7642 Mon-Fri 1pm-4pm

Ongoing rehabilitation

If you require ongoing rehabilitation in a community hospital, please be aware that there are multiple community hospitals that offer different types of rehabilitation. You will be assigned an appropriate bed in one of the hospitals, depending on your own specific needs and the county you live in. If you do not accept the community hospital offer, you will need to change your discharge pathway and return home with therapy support.



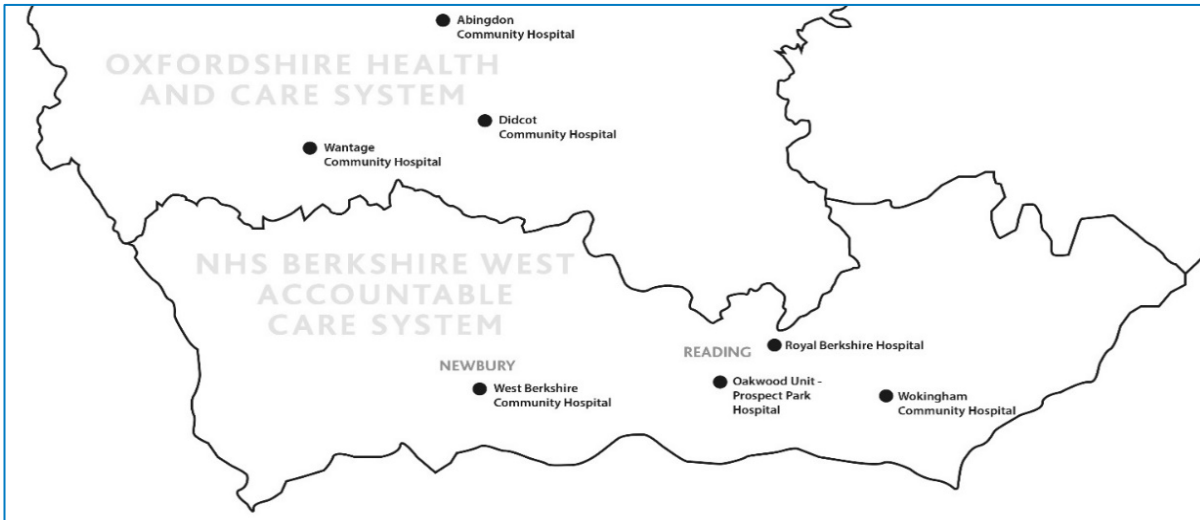
Compassionate

Aspirational

Resourceful

Excellent

Some of the community hospitals within our region



Steps to going home once you are medically well

Planning your discharge home is all part of your care with us. The clinical team decide when you are well enough to leave the hospital setting – several things then need to happen:

1. Your relatives / carers need to be informed.
2. Your medicines will be ordered.
3. A letter will be prepared for your GP.
4. Any equipment you need will be ordered.
5. Any onward care or support that you need will be ordered (including wound care)
6. Transport home will be considered.

Some of these things take time, especially if you have complex needs or require a lot of ongoing support at home. If your care needs can't be met at home, you could be transferred to a temporary placement – **you will not be able to wait in hospital.**

Things we need you to do:

- Ensure you have clothing to go home in.
- Arrange your transport home.
- Check that you have your house keys.
- Consider whether you need someone to put your heating on.
- Consider whether you need any food shopping, e.g. milk, bread etc.

If you need support with any of the above, please discuss this with the ward team.

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

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

Patient Flow Discharge, July 2023

Next review due: July 2025

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