

INFORMATION SHEET 7

COMING HOME FROM HOSPITAL OR REHABILITATION

Things to consider when being sent home from hospital or a rehabilitation centre.

How will you manage when you get home?

- Will you be able to handle your daily tasks at home especially if you live alone?
- Do you need assistance with personal care?
- If you need to attend physiotherapy or an exercise class, do you have a referral for this support?
- Do you require wound care? Who will do this?
- Is there a follow up appointment for outpatient assessment arranged?
- If a lot of medication has been prescribed, consider a medication dispenser. Ask your chemist about this to ensure you don't miss any of the medications.
- If required, has a referral been made to a specialist? If so, does the date and time clash with another appointment?
- Remember to ask questions prior to leaving hospital so services can be arranged prior to you being sent home.
- You may require an Occupational Therapist Assessment or a Physiotherapist assessment prior to release from hospital to ensure that you can safely transition home again.
- Has an Occupational Therapist discussed any equipment you may need. Some equipment can be helpful for you to stay living independently in your home.

Discharge Plan

- Ensure you have a discharge plan, especially if you live alone, so you can discuss any concerns you have about returning home, with a social worker or the person who is sending you home.
- The discharge planner, will ensure you have short term support to get you back on your feet. You may benefit from a home safety assessment for any modifications or equipment that may assist you, or you may need support with showering short term.
- The discharge plan is a goal specific, short-term package of care that supports you to return to the same level of independence you experienced prior to your admission to hospital.

If you need advice or information on the My Aged Care System, ring:

John Moran

Ageing Well Coordinator - Country SA

Free call 1800 182 324.

Notes:

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