

When I'm leaving hospital to go into care...

I am speaking to:

Date:

Before I talk about being discharged from hospital I have...

- Asked for a copy of the hospital discharge policy and my care plan and have had time to read and think about them, and/or to show them to my important people.
- Had a think and made some notes about what I would like to happen to me when I get home, and what may be concerning me about going into care.
- Checked that the person (or people) I will be speaking to has some kind of influence or is in a position to help me understand my options as I go into a care environment.
- Understood that I am moving from hospital care into social care so there will be a "Continuing Healthcare" assessment process to determine how my care will be paid for. And that I do not pay a penny until this process has been completed.
- Got ready a pen and paper, glasses or hearing aids, and this checklist, so I can make notes on what is said. Asked for language or communication support if I need it.

During the conversation I will remember...

- This is all about me. I can give permission for family and carers to be kept informed and contribute if that is what I want and what I would find helpful.
- That I need to understand fully every aspect of each care option available to me including, where they are, what they can help me with and how they might meet my individual preferences.
- To take notes or ask someone else to take notes about what is being said, so I can look over it later when I have had some time to think.
- To raise any concerns I may have about not returning to my home e.g. partners, pets, access to computers, letters and bills, voting, hobbies and activities.
- To take my time over making any decisions. I can reflect on all that has been said and consider my options carefully before making any final decisions.

My next actions are...

- To check that I have told the person everything I wanted to say and that I have made a note of any points and that I fully understand them.
- To check I have all the information about any care options suggested for me, and that it is all written down highlighting the points that matter most to me.
- To check I fully understand what will happen to my home and how it will be taken care of in my absence.
- If it's right for me, to share with the people I choose that I am going into a care situation and ask them to visit or call to regularly check up on me.
- Do I feel better after having the conversation? Or if don't feel better, do I have a plan in mind for how I am going to improve this for myself?

