

A Plan to Get You Home

Before someone is even admitted to hospital, it can be useful to think about how we could get them safely back home. Knowing who could pick someone up from hospital and thinking about where someone may need to stay, allows us all to make plans as quickly as possible which meet the needs of everyone involved.

It is important to talk to your family, friends or anyone else who supports you about this plan and come to decisions together. Please keep a copy of this document safe, and bring it with you if you are ever admitted into hospital so that we can start to plan to get you home as soon as possible.

This information can also be recorded in a Future Care Plan. Speak to your GP or any Health and Social Care professional that you have regular contact with. They can help to transfer this information onto our system.

Your Name: _____

Name and contact number of your Next of Kin or someone you would like us to contact in an emergency:

Does someone have Power of Attorney or Guardianship for you? If yes, what is their name and contact number?

Who could collect you from hospital?

Think about who this could be and how close they may live. Do they have a set of keys for the house or would they need to use your own set? Make sure you talk to them about all the information in this form.

When would be most suitable for you to be collected from hospital?

Think about the person who will come to pick you up and their schedule. Do they have to work at certain times or could they arrange to take time off if they had enough notice? Do they have other caring responsibilities that may make collection at certain times difficult? Also think about how they might get to the hospital and if they might need any help with transport.

Where could you stay after you have left hospital?

Sometimes it is not possible for someone to return home or if they do, they might need extra support. This might be temporary or long term. Have a think about friends or family who could stay with you if needed, or somewhere you could stay until you are able to live independently.

If you think you may have to live somewhere different, either for a short time or permanently, have you already made any plan? This might include moving in with family or moving to supported living. Have you had any conversations with your family or social services about this?

If you had to move into a different house or care setting, what would be important things to consider (e.g. location, size, linked to an organisation or faith, cost etc).

At the moment, what helps you to live in a safe place and keeps you healthy?

We all have different things that help us to live as independently as possible. This might be family or friends who support us, or equipment that keeps us safe such as hand rails or mobility aids.

When you leave hospital you might need some extra support so it can be helpful to think about all the things you already have which help. This will help us make a plan together and think about other support you might need.

The people who support me are...

Some of the things which support me are...

You can also find more information at www.nhsggc.scot/your-health/planning-for-care/supporting-someone-who-is-in-hospital/ or scan this QR code

