

# **Patient Information - Discharge From Hospital**

**Discharge From Hospital**

**Patient information leaflet**

## **Adult Inpatient Areas**

Darent Valley Hospital

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[www.dgt.nhs.uk](http://www.dgt.nhs.uk)

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## **INTRODUCTION**

This leaflet explains how we will help you to prepare to leave hospital, and what support you might expect after you have left.

## **WHEN WILL I LEAVE HOSPITAL?**

The team caring for you will advise you when you no longer need hospital care. It will be in your best interest to return home or to another place of care to continue your recovery.

## **WHY CAN'T I STAY IN HOSPITAL?**

When you no longer need hospital care, it is better for you to continue your recovery elsewhere. Staying in hospital for longer than necessary could result in you losing muscle strength, reduce your ability to remain independent and possibly expose you to infection. Leaving hospital when you are ready is best for you and will also free up a bed for someone who is very unwell and needs hospital care.

## **PLANNING YOUR RECOVERY**

We will always try to ensure that you are in the right place at the right time for the best recovery possible. Throughout your stay, we will be planning with you and your family/carers for what will happen when you no longer need hospital care. Planning for your discharge will start as soon as you arrive in hospital. The team caring for you during your hospital stay will keep you and your family up to date on your Expected Date of Discharge (EDD). They will be able to explain what needs to happen in order for you to be discharged when you no longer need to stay in hospital. The best place for you to recover is usually your own home, with the support of your family, friends and local community if you need some extra support at first. There may also be equipment that can help you achieve tasks independently. If you need more care and support than your family, friends and local community can provide, we will discuss with you the support options that might be available when you leave hospital.

## **WHAT SUPPORT WILL I RECEIVE WHEN I LEAVE HOSPITAL?**

Most people will regain their independence with help from family, friends and neighbours, or with voluntary and community support. If you need a further period of short-term support to aid your recovery, you may be able to access local health and social care services to provide this.

If you need long-term care and support, the full assessment of your needs will usually happen after your discharge from hospital. You will be contacted by the relevant team to arrange this.

The team involved with your discharge will guide you through the process and help you to make an informed decision on the options that are available to you. You will not be able to remain in hospital if you decide not to accept the assessed options.

## **WHO CAN I CONTACT?**

Before you leave hospital, we will confirm the arrangements in place for you. We will also advise who you should contact after you have left hospital if you need to speak to someone about your care needs

## **WILL I HAVE TO PAY?**

NHS care is free, whether it is delivered in a hospital or in another place.

Most adult social care services are not free – it depends on a person's finances and ability to pay. If you already had social care support in place before you went into hospital, these arrangements will continue when you are discharged.

If you previously had to pay for your care, or contributed towards its cost, you will continue to do so. How much you contribute will depend on what you require and be decided after an assessment of your finances. If you have more than £23,250 in savings, you will have to pay the full cost of your care. Or if you have less than £23,250 in savings, but a weekly income that is high enough to cover the cost of your care, you will also have to pay the full cost.

## **HOW CAN I HELP?**

You can help us to help you in lots of different ways, tell us if:

You feel at risk of harm or abuse.

There are family and friends or neighbours and people in your community available to help you and that you are happy for us to speak with them.

Join in discussions about how we can help you to become as independent as possible. This could involve using aids, equipment and technology or other adjustments to your home, to make you safer.

Tell us if your situation changes or if you no longer require care.

If you want a relative or carer you want involved in your care, let us know.

For more information about social care and support in Kent:

Tel: 03000 416161

Email: [social.services@kent.gov.uk](mailto:social.services@kent.gov.uk)

Visit: [www.kent.gov.uk/social-care-and-health](http://www.kent.gov.uk/social-care-and-health)

For more information about social care and support in Bexley:

Tel: 0208 303 7777

Email: [care.services@bexley.gov.uk](mailto:care.services@bexley.gov.uk)

Visit: <https://carehub.bexley.gov.uk>

**This leaflet has been developed in partnership with the Patient Information Group and our DGT Patient Partners**

## **Patient Information**

Further patient leaflets are available from the Dartford and Gravesham NHS Trust website: <https://www.dgt.nhs.uk/patients-and-visitors/patient-information-leaflets> Please ask a member of staff if you require information in another language or format.

## **Complaints, Comments, Concerns and Compliments**

Please speak to the staff in the ward or department caring for you if you have any concerns or questions relating to your care or that of a loved one.

Compliments can be shared by visiting: <https://www.dgt.nhs.uk/contact-us/compliments>

Alternatively, please contact the Patient Advice and Liaison Service (PALS) on 01322 428382 Email: [dgn-tr.PALS@nhs.net](mailto:dgn-tr.PALS@nhs.net)

# Patient Property

Please do not bring large sums of money or valuable items into the hospital. Dartford and Gravesham NHS Trust accepts no responsibility for the loss or damage to personal property unless it is handed into Trust staff for safe-keeping.

Dartford and Gravesham NHS Trust operate smoke-free hospitals. This means that smoking is not permitted anywhere on hospital grounds. For help to quit smoking please visit [www.kentcht.nhs.uk/service/one-you-smokefree/](http://www.kentcht.nhs.uk/service/one-you-smokefree/)

Use of alcohol or illicit drugs is not permitted anywhere on the hospital site. For drug and alcohol support please speak to your nurse or doctor or

Visit: [www.changegrowlive.org/westkent/help](http://www.changegrowlive.org/westkent/help)

Call: 0330 128 1113

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