

Borders public Information Support Site for You
www.bissy.scot.nhs.uk

For a copy of this information in

- large print
- another language
- audiotape
- Braille
- BSL DVD

Telephone the ward

Moving from hospital

Information for Patients being
discharged from hospital

Who is this Leaflet for?

This leaflet is for anyone who has come into the NHS Borders Hospital as an inpatient for treatment (BGH) or a Community Hospital for medical treatment. This also includes Mental Health Services. It is also for their family, carers and friends.

What will happen in hospital?

If you are admitted to hospital you will be discharged when you are well enough, which maybe the same or following day. It is important to know this, as you may need to ask your family or friend to arrange transport to get home. More information about discharge is explained in the next section.

You may have contact with a number of different members of staff including

- Doctors
- Nurses
- Physiotherapists
- Occupational Therapists
- Social Workers

If you are receiving further medical care you may be transferred to a Community Hospital which may not be in your area.

Please use this space to note any important information

Princess Royal Trust Borders Carers Centre
Brewerybrig
Low Buckholmside
Galashiels
TD1 1RT
Telephone 01896 752431

Lindsay S Wilson
British Red Cross
1 Wheatlands Mill
Galashiels
TD1 2HQ
Telephone 01896 751888
Email LSWilson@redcross.org.uk

Alzheimer Scotland
Kelso Hospital
Inch Road
Kelso
TD5 7JP
Telephone 01573 226162
Email BordersServices@Alzscot.org

If you require further rehabilitation you may be transferred to an intermediate care bed.

Discharge from Hospital

A decision to discharge you from Hospital will be made by the Consultant or General Practitioner (GP), who will decide when you are fit to go home. This decision will be taken after consultation with you and all those involved in your care.

If you feel you are not ready to leave hospital, you may talk with ward staff or your Doctor. If you are still not satisfied, you have the right to appeal to the

Director of Nursing and Midwifery
NHS Borders
Newstead
TD6 9ED
Telephone Number 01896 828291

If you feel that you do need some help at home, once you are home, you can complete a self assessment form. If you feel you require assistance at home, please contact the Duty Hub for Social Work on **0300 100 1800** or your local Social Work Office who will help you with this. The Social Work Department will allocate you a worker who will contact you to discuss your needs.

If it is not possible for you to manage at home safely you will be discharged from the hospital to an assessment bed in a care home setting.

Moving to a Care Home

If your assessment shows that your needs cannot be supported safely at home, then it may be necessary for you to move to a care home. You will be given information about the care homes in your area. You will be asked to make three choices in order of preference. We will help you with this process. In order to receive help with funding for a Care home you will need to be assessed as eligible, more information can be found on the SBC Website

www.scotborders.gov.uk

If there are no places in the homes of your choice, we will look for a place for you to move to on an interim basis. However, you will remain on a waiting list for the care homes that you have chosen. You will stay on the waiting lists for the care homes you originally chose. If however, you wish to stay in the temporary care home we will try to arrange this where possible.

Other sources of information

The Following Leaflets may be helpful

- Community Care (A guide to Community Care in the Scottish Borders)
- Finding the Care that is right for you
- Intermediate Care Services

The following Agencies offer advice and advocacy as well as information and advice

Scottish Borders Council
Headquarters
Newtown St Boswells
TD6 OSA
Telephone 01835 824000
Email www.scotborders.gov.uk

NHS Borders
Newstead
TD6 9ED
Telephone 01896 828291

Borders Independent Advocacy Services (BIAS)
Low Buckholmside
Galashiels
TD1 1RT
Telephone 01896 752200
Email info@bordersadvocacy.org.uk