



# Planning together: leaving hospital when the time is right



This leaflet explains why it is important to start planning for you to leave hospital.

## Why are we starting to plan for me to leave hospital?

Our top priority is to help you get better and support you to leave hospital when the time is right. You will only leave hospital when you no longer need hospital care and it is safe to do so. It is important that, together, we start planning right away to ensure you leave hospital in a safe and timely manner.

In most cases, you will return home. You might need some additional care to help you in your recovery, or practical support such as help with shopping. If you are a care home resident you will most likely return to your care home. If you require more complex care and support this could be in another bed in a community setting.

## What might I expect?

**Early conversations** – Soon after you arrive in hospital we will discuss and plan how you will be able to leave. We will involve your carers, family and/or friends in conversations if you would like them to be included.

**‘Expected date of discharge’** – Soon after you arrive in hospital you will be given an ‘expected date of discharge’ (expected date you will leave hospital) which will be reviewed during your stay.

**What matters most to you to be considered** – The team caring for you will ask ‘what matters most to you?’. They will ensure this is considered when planning for you to leave hospital.

## Questions to ask during your hospital stay:

1. What is the main reason I am in hospital for?
2. What is going to happen to me today and tomorrow?
3. What extra help might I need when I leave hospital?
4. When will I be able to leave hospital?