



Care at home after hospital discharge



Trinity
Homecare
Supporting life's journeys



Contents

- 4** Planning a discharge from hospital
- 6** What help can you receive after a hospital discharge?
- 9** Types of funding care at home
- 10** Care home or home care?
- 11** Benefits of receiving home care after being in hospital
- 12** Support from Trinity Homecare
- 14** What's next?



Planning a discharge from hospital

Coming home after a spell in hospital can understandably be a very anxious and uncertain time for many. Adjusting to being back home may leave you feeling less independent than before, but feeling this way is normal. Having the care and support necessary at home, will help you get back to your old self.

This helpful guide will tell you about the types of care that are available at home following a hospital discharge.

Being discharged from the hospital is a crucial step in ensuring a smooth transition for you or your loved one as you prepare to return home and continue the recovery journey with the right level of support.

Most hospitals have a discharge planning team who are responsible for ensuring that individuals are sent home safely with the appropriate care and support. The discharge team will complete an assessment to see what support is needed, by assessing the level of readiness for discharge and develop a comprehensive discharge care plan that addresses their medical, physical, emotional, and social requirements.

If this assessment doesn't happen before you leave hospital you should contact social services, as the hospital will not be involved once your loved one is discharged back home.



Reablement care

Short-term care is sometimes called reablement, intermediate care or aftercare. Reablement care is designed to help individuals regain their independence with general day-to-day tasks, like cooking meals and washing.

Most people who receive this type of care do so for around one or two weeks, although if you are eligible, you can get a degree of free, short-term care for a maximum of six weeks. It will depend on your needs, and how soon you are able to cope at home.

Reablement care is usually provided by a team of NHS professionals, from carers through to physiotherapists, speech and language therapists or occupational therapists.

Reablement care recognises that everyone's journey is unique and the pace of progress may vary. The professionals involved will take the time to listen to your needs, preferences and goals, ensuring that the care provided is personalised and are adapted to your individual circumstances.

The primary goal of reablement care is to help regain and enhance skills, confidence and overall quality of life. Rather than providing long-term assistance with daily tasks, reablement care focuses on empowering to relearn, adapt or develop new strategies to perform activities independently.

The benefits of reablement care are numerous. It not only helps individuals regain their physical and cognitive abilities but also enhances their overall well-being and self-esteem. By focusing on independence and self-care, reablement care can reduce the need for ongoing support services and potentially delay or prevent the need for long-term care. Additionally, it can contribute to a more cost-effective and sustainable healthcare system by promoting individual autonomy and reducing reliance on formal care services.

What happens after reablement care ends?

At the end of the discharge package, a further assessment should be completed to see whether you still have any care and support needs to be taken care of. If, after the assessment, it suggests you have healthcare needs, this will be funded by the NHS, which is called NHS Continuing Healthcare. However, if your needs are deemed as social care needs, then social services will complete a financial assessment to see whether you are eligible for any additional local authority funding. Most individuals must pay for their social care, which is known as self-funding care.



What help can you receive at home after a hospital discharge?

Receiving care at home after a hospital discharge means you get support in all areas of your day-to-day living during your recovery, such as:

Personal care

Such as bathing, dressing, toilet support and assistance in getting up in the morning or going to bed at night.

Mobility support

Help to move around the home safely to encourage physical activity and independence. This may also include any prescribed physical therapy for recovery, such as post-surgery exercises or encouraging the person to stay mobile to aid in a swift recovery and avoid complications such as blood clots.

Wound care

Keeping wounds clean and changing dressings regularly while monitoring for signs of infection.

Managing medication

Help to administer medication and health monitoring, such as checking blood pressure or insulin levels, observing any signs of complications, and managing any pre-existing conditions.

Household tasks

Any reasonable help around the home from cleaning, tidying and doing the laundry, to walking the dog.

Meal preparation

Nutritious home-cooked meals, following any dietary recommendations from medical professionals involved in your care, to ensure nutritional needs are met daily.

Condition-led care

Support with existing health conditions such as dementia or cancer care.

Running errands

Such as collecting prescriptions, paying bills and doing grocery shopping.

Companionship

The friendship and reassurance offered by a regular home carer cannot be underestimated in maintaining a person's well-being, especially during a period of convalescence when an individual feels more vulnerable.

Outings

Visits to the coffee shop or local shops, arranging and accompanying follow-up medical appointments or simply a trip to the park.



“I have been using Trinity for my care for a number of years now. The only way to describe Trinity is excellent, they will always go above and beyond to ensure I am taken care of and the carers are all incredibly friendly and professional.”

Sue, Client

Care home or home care?

A lot of individuals think that a care home is the only option for them when they are looking to receive care, however, having a live-in or visiting carer is a more attractive alternative to those who want to stay in the comfort of their own homes and communities.

Care in your own home means you are rehabilitating in the place you want be long-term. It also means you will benefit from one-to-one support, overseen by competent and experienced carers, which is almost impossible to achieve in a care home.

Live-in care

Live-in care is when a carer comes to live with you in your home, providing a very flexible, round the clock one-to-one support. Live-in carers can help with personal care, medications, providing meals, running errands and helping around the home, as well as supporting with reablement programmes designed to improve your independence.

Live-in carers provide 24/7 peace of mind and can significantly improve recovery times, avoiding the upheaval of moving into a care home. Live-in care services are tailored to what you need; at Trinity Homecare, we can provide live-in care for as little as two weeks as a respite package, through to an ongoing service.

Visiting home care

Visiting care is perfect for those who need specific support at certain times of the day. Perhaps you need help getting up and dressed first thing or having your meals prepared or maybe you just need some companionship care in between family visits. Visiting home care is built around you – carers will be scheduled to come for as long as you need, when you need, to do whatever it is that will help you live well in your own home. Visiting care can be provided on a short-term respite basis for as little as two weeks or as an ongoing service.



Benefits of receiving care at home after discharge

Receiving care at home after being discharged from hospital has many benefits:

Reduces recovery times

Personalised care and support means you get timely and specialist care that enhances recovery times and improves outcomes.

Decreases the risk of infection and complications

Regular support from a professional carer trained in postoperative care greatly reduces the risks of complications related to surgery and other existing health conditions.

Recover in comfort and maintain daily routines

Postoperative care at home means you get to recuperate in the comfort of your own home rather than an institutional care facility so you can maintain your daily schedule, independence and preferred way of living.

Ensures personal needs are met

Help from a home carer, such as a Trinity carer, means that you get support in all aspects of your daily life, from help with laundry and grocery shopping to pet care and cleaning the home.





Types of funding care at home

Self-funding care

For individuals who are not eligible for NHS or local authority funding, will have to fully fund care themselves. If you have a capital worth over £23,250, own a property or your weekly income is higher than the cost of the care you will not receive any funding support.

NHS Continuing Healthcare

Healthcare in the UK is free at the point of delivery. Therefore, if you have an identified healthcare need and are receiving live-in care in your own home, you may be eligible for NHS Continuing Healthcare funding, which is arranged and funded by your local Clinical Commissioning Group (CCG). A healthcare need relates to the treatment, control or prevention of a disease, illness, injury or disability and the after care of a person living with these conditions.

Local authority funding

The provision of adult social care funding is means tested. Means testing is the method by which your financial eligibility to receive funding for your care is assessed. It takes into consideration any regular income you may receive and any capital assets you own, which includes savings, investment and property.

You should always be involved in determining what your care plan and package should look like. Care plans should be built around your needs, goals, wishes and should describe how the care provider will aim to meet these.



Support from Trinity Homecare

At Trinity Homecare, we have been providing our high-quality live-in care service trusted by families across England for over 25 years.

Our multi award-winning care is focused on enabling independence and enriching lives, so that people can stay safely and happily in the comfort of their own home and avoid a disruptive move into a care home.

Families benefit from reassurance and peace of mind that their loved one is receiving the very best care provided by a dedicated team of carers.

Here are a few reasons as to why our clients choose Trinity Homecare:

Live-in care rated 'Outstanding'



Our established service is regulated by the Care Quality Commission (CQC) in England and has achieved the highest 'Outstanding' rating for the quality of care we provide. Only 4% of home care companies in England have achieved this rating.

This means that you can be assured that you are receiving the very highest standards of care at home.

A responsive and flexible service



We appreciate that circumstances may mean you need to put care in place quickly. Our expert care team can set up live-in care in as little as 24 hours, sometimes sooner.

We will work with you and your family to ensure you have the right care team in place exactly when you need it.

A trusted homecare service



We know how important trust is when choosing a live-in care provider.

Many of our families who trust us to provide high quality care to their loved ones have happily shared their experiences of our service on the rate and review website, homecare.co.uk and Trust Pilot, giving us a five star rating.

Continuity of care



We have a dedicated team of carers, some of whom have been working for Trinity for many years. This means they are committed to us, as we are to them which means they stay with us longer.

For families this means that you get continuity and consistency of carers supporting your loved one, minimising disruption to daily life.

Visibility of the care you receive



Our digital platform TrinityConnect enables us to proactively monitor and manage the care we provide. Families can see the care plan, care notes and all records relating to the care provided. These are regularly reviewed and updated by carers and care managers via an app, enabling effective monitoring and control. These insights provide families with a much needed and reassuring window into the care their loved one receives.

Local care teams close to you



Whilst we operate throughout England, our live-in care service is delivered locally to you. Our care management team support carers and families on a regional basis, ensuring the highest levels of monitoring and support, whilst ensuring a personalised approach to care delivery.

A fully managed service



With our fully managed service, you can enjoy peace of mind and a hassle-free care experience. Our dedicated team of carers is supported by experienced Care Managers around the clock, ensuring that you receive the highest quality of care. This means you won't have to worry about managing the carer and arrangements yourself.

Our fully managed service takes this burden away, allowing you to spend quality time with your loved one.

What's next?

Get in touch today



Call us

Our friendly team of experts are available to talk through your care needs 8.30am to 5.30pm, seven days a week. Call us on **0207 183 4884**.



Enquire online

If you are looking outside of our core office hours, you can enquire online by visiting **trinityhomecare.co.uk/contact/enquire-online**, we will then be in touch with you as soon as possible to discuss your care needs.





Trinity Homecare
2nd Floor Central House
1 - 15 Central Road
Worcester Park
Surrey
KT4 8EG

0207 183 4884
trinityhomecare.co.uk