

Leaving Hospital

My discharge planner



Space for a photo here

Name



This document belongs to me!
Please ask me before you look at it!

Leaving Hospital

My discharge planner

.....

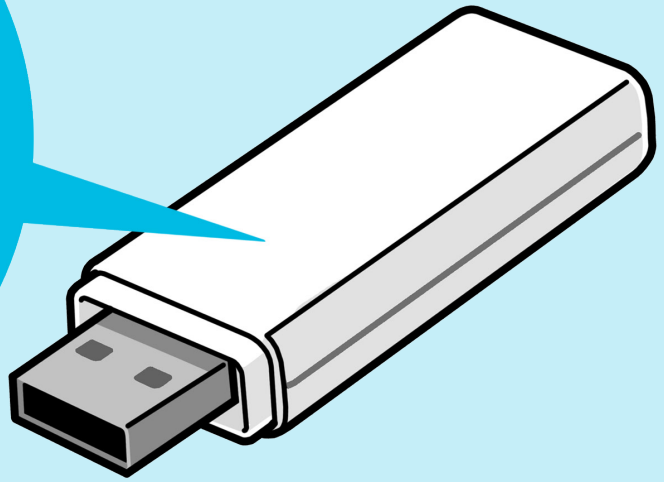
Produced with the support of NHS England, Local Government Association, and ADASS, the Association of Directors of Adult Social Services



This discharge planner helps you work with the people who support you to make plans for leaving the hospital you are in.



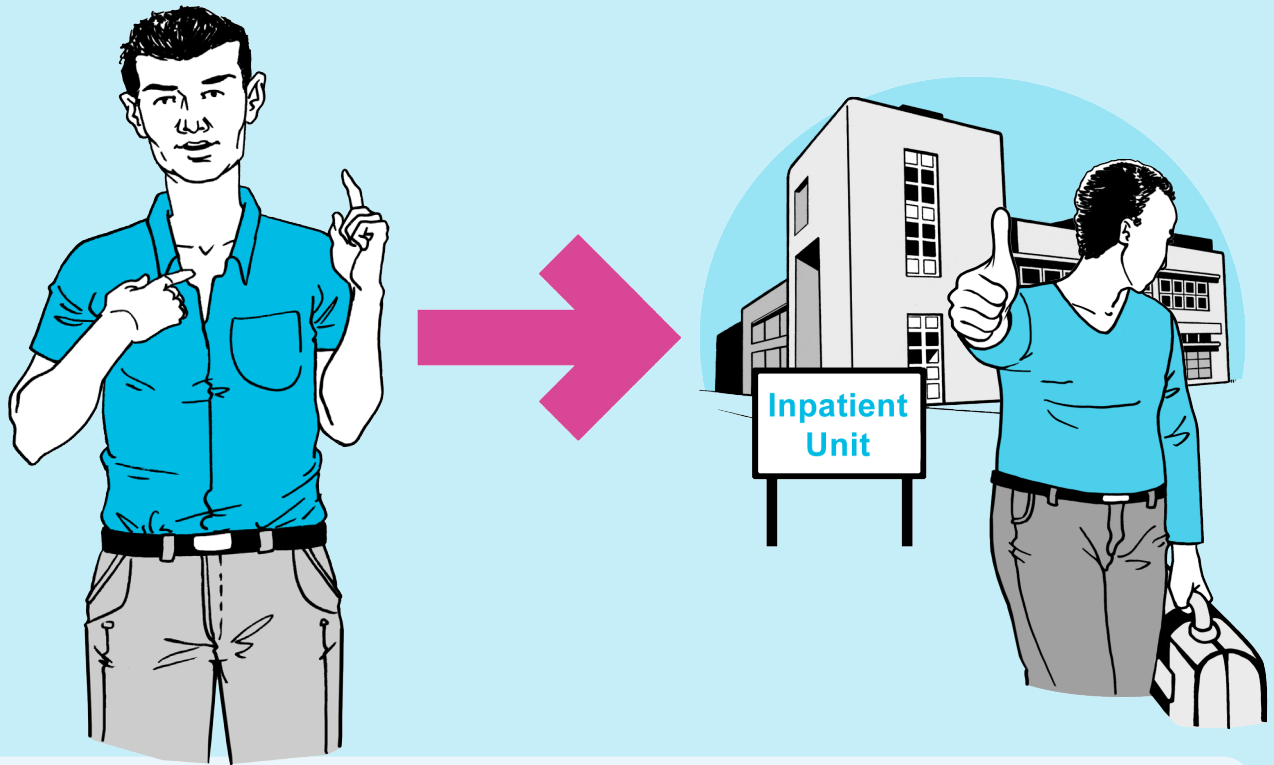
You can use it from the day you go into hospital, or at any time while you are in hospital.



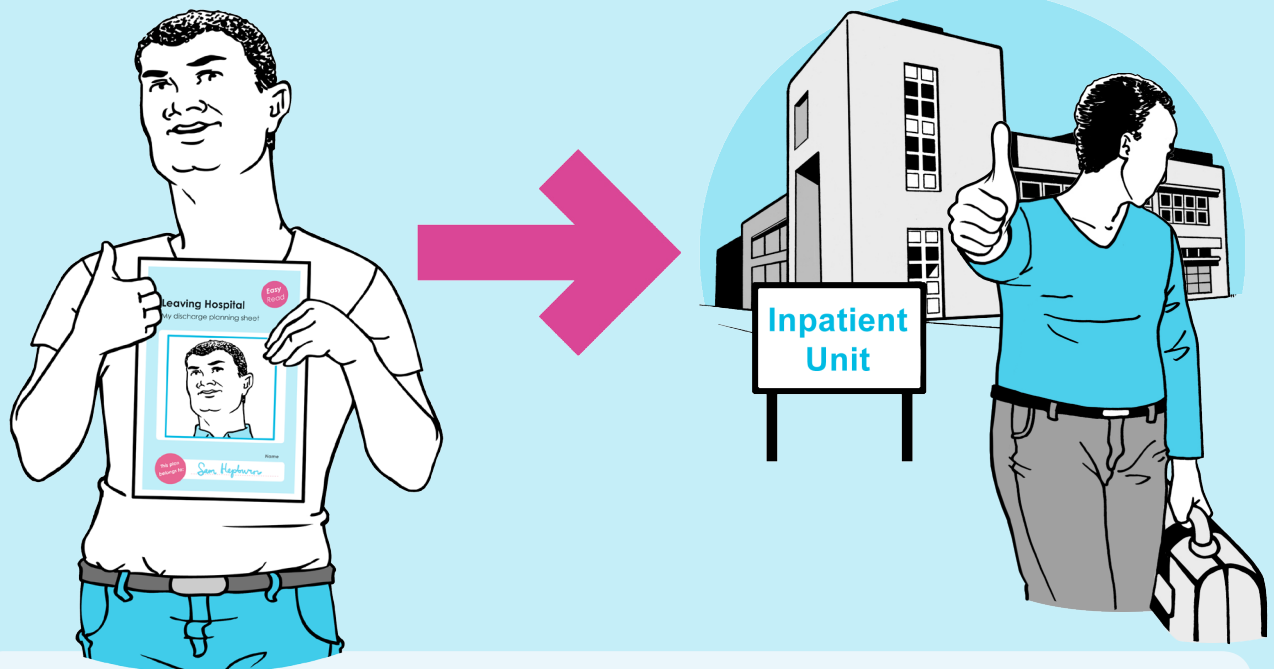
It goes together with the big document called the Independence Pack, found on the memory stick.



The pack and this planner work together to help you understand your rights and make choices about your care and support.



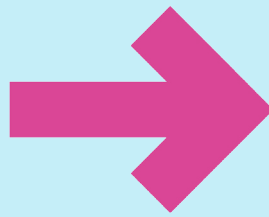
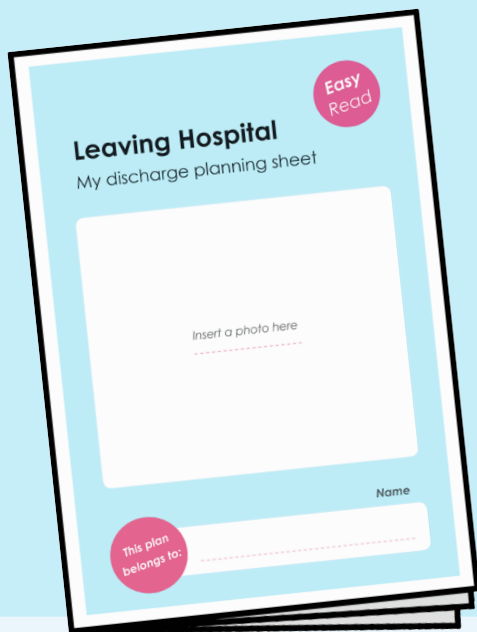
They also help you think about what people need to know about you, to help when you leave hospital.



This planner will help you keep track of all the things you and other people need to do to help you make a good move from hospital.



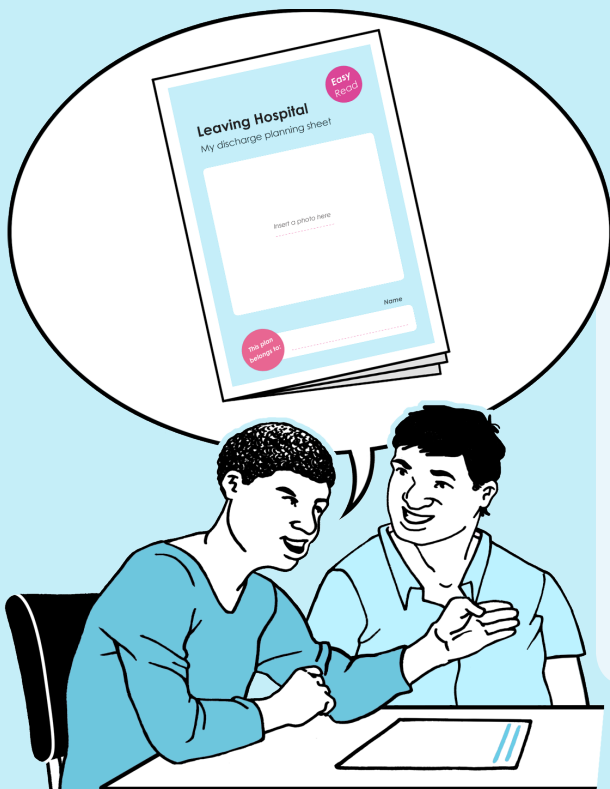
All of the materials you need are on the memory stick in your pack, or they can be downloaded from www.changepeople.org.



This planner belongs to you. You can use it in care planning meetings and reviews.



In this plan there are spaces for you to write information about yourself. The big pack will help you plan your ideas and what you want to say.



You don't need to fill this planner in all at once. It's a good idea to ask someone to help you, such as a member of staff, family carer or advocate.



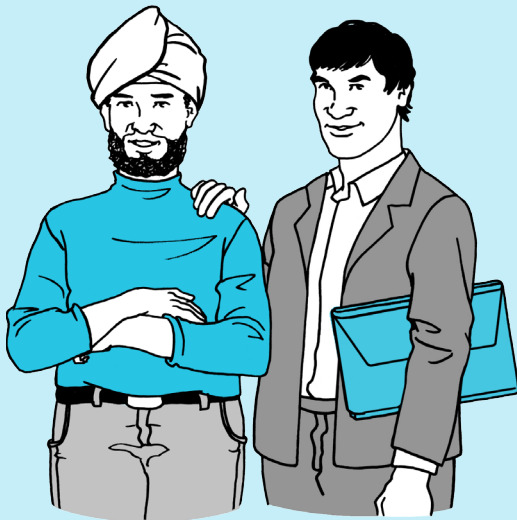
In the big pack you can fill in the section on **pages 16 - 19** which is all about you, your likes and dislikes.

About me



Things I am good at...

Three horizontal dashed lines for writing.



Things I need help with...

Three horizontal dashed lines for writing.



What makes me happy...

Three horizontal dashed lines for writing.



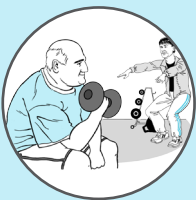
What makes me unhappy...

Three horizontal dashed lines for writing.



My home town...

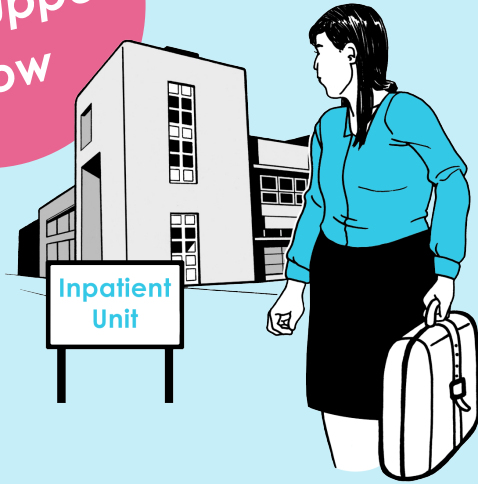
Three horizontal dashed lines for writing.



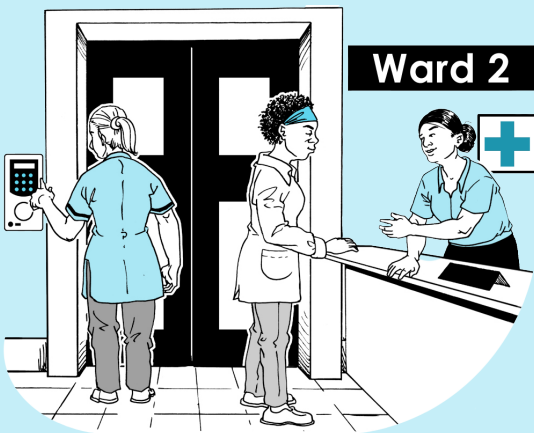
Things I want to do when I leave hospital...

Three horizontal dashed lines for writing.

My care
and support
now



If my treatment goes to plan
I should leave this hospital
by:



My ward name



My consultant



My case
manager



My home area
care coordinator



My advocate



My family carer



My named nurse



I would like my family carer to be involved in my discharge plan:

Yes

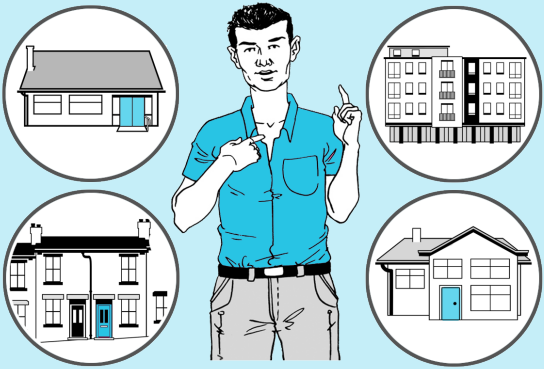
No



In the big pack you can find out about different types of places you can live in when you leave hospital on **pages 45-54**.

Where will I live?

Don't forget, where you live and who you live with will also depend on things like what places are available, cost, and if there are any rules about where you can live when you leave hospital.



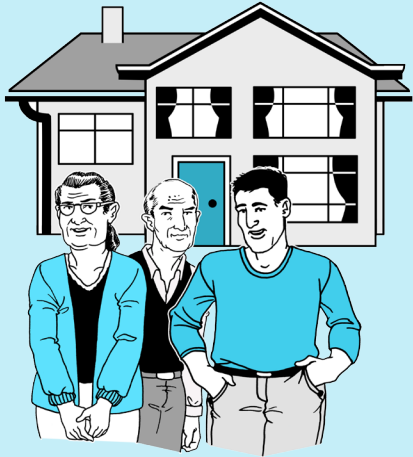
What sort of a place would I like to live in?



Who with?



Where?



I want to be near my family:

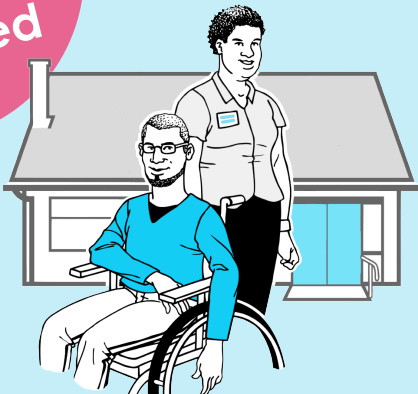
Yes

No



What kind of support will I need?

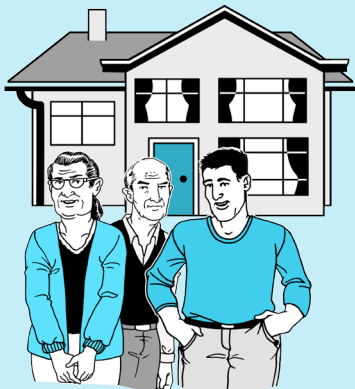
Other support I will need



Extra support to settle in:

Yes

No



Support to visit my family:

Yes

No



Other support I will need...

Advocacy support:

Yes

No



Help to learn life skills:

Yes

No



Help to make friends:

Yes

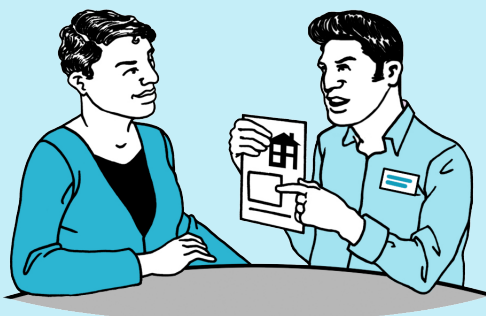
No



Support to keep in good health:

Yes

No



Support with making decisions:

Yes

No



Support to access my community:

Yes

No



In the big pack there is more about local services on [pages 135-140](#).



Any other support?



See **pages 147-163** for information.
There is information about getting
more help if you need it on
pages 181-200 .

What if
things don't
go to plan?



Who shall I speak to
if things aren't going well?



What can I do to make
things better?



What can other people do
to help me?



Getting ready to move on

My meetings and reviews

These sheets will help you see the progress that is being made in meetings. You can download extra copies of these pages at www.changepeople.org.



Take time to plan for your meetings to make sure your opinions are included.



Family carers, staff or your advocate can help you do this.

Date



What was agreed about my discharge plan?



What needs to happen next?



Who will do it?

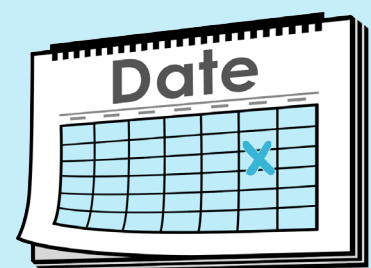


When?

Done

Yes

No



Date



What was agreed about my discharge plan?



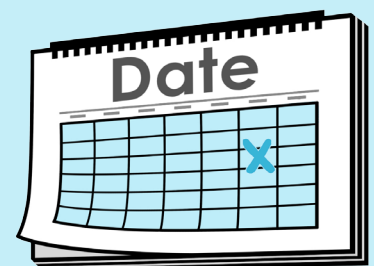
What needs to happen next?



Who will do it?



When?



Done

Yes

No

Date



What was agreed about my discharge plan?



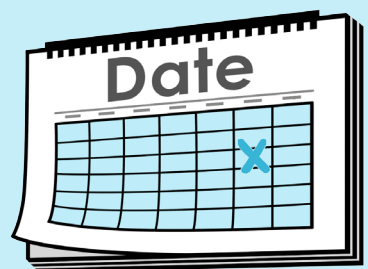
What needs to happen next?



Who will do it?



When?



Done

Yes

No

Notes or pictures

Notes or
pictures



This easy read planner was produced by **CHANGE**.

CHANGE is a leading national Human Rights organisation led by disabled people. We work for equal rights for all people with learning disabilities.

The **Winterbourne View Joint Improvement Programme** commissioned **CHANGE** to produce this easy read pack and we also received support to complete it from **NHS England**, **Local Government Association** and **ADASS**, the Association of Directors of Adult Social Service. This pack supports ongoing work to change the way that care and treatment are provided so that people spend less time in hospital and receive the care and support they need to live well in the community.

You can call **CHANGE** on **0113 242 6619**,
email **info@changepeople.org**,
or find us at **www.changepeople.org**

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