Leaving Hospital
My discharge planner

Space for a photo here

This plan belongs to:
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...
  - 
  - 
  - 

- Things I need help with...
  - 
  - 
  - 

- What makes me happy...
  - 
  - 
  - 
What makes me unhappy...

My home town...

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

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?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

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?
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
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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