

NHS Forth Valley

Moving from Hospital to A Care Home

**Information for patients,
families, carers and staff**



Falkirk Council



**Clackmannanshire
Council**

Who is this leaflet for?

This information is designed to help you, your family and carers if you have to move from hospital into a care home.

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Section 1: Why is a care home recommended for me?

Your future long-term care needs will have been discussed and planned with you, health and social care staff and your family and carers. This assessment will have recommended that you need a particular type of care home to best meet your needs, and the support you will need after discharge.

Moving into a care home is a very personal and sensitive decision for a person and their family so it is important that preparation and planning starts as early as possible.

The assessment should be shared with you and you should be given the opportunity to discuss its contents. You should be able to get a written copy of your assessment if you prefer.

Under new legislation for carers and because it is important, the hospital must discuss your planned discharge with anyone who is identified as your carer. If you are not sure about this, Carers Centres can offer advice.

If required you can access the Forth Valley Advocacy Service for help through this process.

Moving from hospital means that you are less likely to be at risk of infection. Health can deteriorate if you stay in hospital longer than needed and you may even lose some of your confidence and independence.

Section 2: How do we choose a care home?

A plan for the type of care home that will best meet your needs will be created in partnership with you and your family or carers. From that point, you can then see a list of suitable homes that can meet your needs.

You must choose **three** care homes from the list provided, and rank them in order of preference if you wish and confirm these choices with your Community Care Worker within 3 days.

If your care home does not have a vacancy your Community Care Worker will discuss the need to accept an interim (temporary) placement until your care home of choice has a vacancy.

Section 3: What if our choices don't have any vacancies?

If your first (or any) choice of care home does not have a vacancy available you will be supported to make an interim (temporary) move to an alternative home with a suitable vacancy.

Your name will be added to the waiting list(s) of your preferred home(s) and your Community Care Worker will continue to seek a place for you. When a place becomes available you will be given the option to transfer, if you still wish to move there.

Section 4: Why can't I wait in hospital?

Hospitals are the best place when you need medical treatment or interventions. Once these are finished it is important that you are discharged safely and promptly, as your health may deteriorate if you stay in hospital longer than needed. If you are reluctant to move to interim care home the Medical Director will make contact with you to discuss the importance of discharge from hospital to a safer and more comfortable setting.

Staying in hospital after you are medically better can be detrimental to your physical and mental wellbeing and can result in:-

- A sense of disconnection from family, friends and usual social network leading to boredom, loneliness, hopelessness, confusion and depression.
- Increased susceptibility to hospital-associated infection and a higher risk of delirium, malnutrition, pressure sores, muscle wastage and falls.
- Loss of confidence and ability to cope at home, resulting in a premature shift to permanent care, particularly for people with dementia.
- Distress to you, family carer or proxy as they are unable to plan ahead for the discharge date, and have to spend more time and money on regular, frequent visits to the hospital.

We want to ensure that you are as well as you can be, in a safe, comfortable and homely setting.

Section 5: Information about care home fees

Everyone makes some contribution towards their care home fees. The amount of contribution you have to make depends upon several things, such as how much capital you have, and the care home you choose.

Financial Assessments

A Financial Assessment will look at your own income and savings and the local authority will make a decision about how much you are able to contribute towards paying for the services. Local authorities may, in individual circumstances, consider whether there is other income to which you have reliable access, which should also be taken into account. This should be explained in information on charging which you should be given by your assessor at the time the financial assessment is carried out. If you disagree with the amount you are asked to pay, you can ask for a review. No matter who your provider is, you should be told what their service will include and how much it will cost before the service begins.

You don't have to give information about your finances, as we understand that this is very personal, but if you prefer not to have a financial assessment you would pay the full cost of the care home.

Section 6: Free personal and nursing care

Free personal care is available for everyone aged 65 and over in Scotland assessed by the local authority as needing it.

Free nursing care is available for people of any age assessed as requiring nursing care services. However, if you require care in a care home you will need to contribute towards your remaining accommodation costs.

Section 7: NHS hospital-based complex clinical care

Following your multidisciplinary assessment you will have been informed that you are clinically ready for discharge and therefore do not meet the criteria for hospital based complex clinical care.

Section 8: What should I do if I don't agree with the decision to discharge me from hospital?

It is important to understand that you are appealing against the Consultant's decision that you are clinically ready for discharge. This is not an appeal on the outcome of your assessment by Social Work.

If you wish to make an appeal, you have 10 working days from the date you were informed of the discharge, to write a letter of appeal to your Consultant. If you would like support to write a letter please ask your nurse, family/carer/relative or Forth Valley Advocacy Service for help.

Section 9: Useful contact numbers

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| Forth Valley Royal Hospital, Larbert | 01324 566000 |
| Acute Hospital Palliative Care Team | 01324 566325 |
| Advocacy Services: | |
| Central Advocacy Partners (Learning Disabilities) | 01324 633321 |
| NHS Forth Valley Advocacy Service | 01324 557070 |
| Age Scotland | 0800 1244 222 |
| Alzheimer Scotland – Action on Dementia | 0808 808 3000 |
| Bo’ness Community Hospital | |
| Unit 1 | 01506 829580 |
| Unit 2 | 01506 829893 |
| Falkirk Community Hospital | |
| Unit 1 | 01324 616124 |
| Unit 2 | 01324 616112 |
| Unit 3 | 01324 673503 |
| Unit 4 | 01324 673504 |
| Stirling Community Hospital | |
| Ward 1 | 01786 434011 |
| Ward 2 | 01786 434012 |
| Ward 3 | 01786 434013 |
| Ward 4 | 01786 434014 |
| Citizens Advice Scotland (CAS) | www.cas.org.uk |
| Alloa | 01259 723880 |
| Denny | 01324 823118 |
| Falkirk | 01324 626070 |
| Grangemouth/Bo’ness | 01324 483467 |
| Stirling | 01786 470239 |

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| Clackmannanshire Community Hospital | |
| Ward 1 | 01259 290302 |
| Ward 2 | 01259 290307 |
| Falkirk Council Benefits Helpline | 01324 501404 |
| Falkirk District Association for Mental Health (FDAMH) | 01324 671600 |
| Klacksun | 01259 215048 |
| People First (Learning Disability) | 0131 478 7707 |
| Carer Centres: | |
| Alloa & Clackmannan Carer Centre | 01259 226839 |
| Falkirk Carers Centre | 01324 611510 |
| Stirling Carers Centre | 01786 447003 |
| Learning Disability Liaison Nurse | 01324 566368 |
| Samaritans | 08457 909090 |
| Text Phone: | 08457 099192 |
| Social Work: | |
| Clackmannanshire Council Social Work | 01259 452498 |
| Falkirk Council Social Work Contact Centre | 01324 506400 |
| Falkirk Community Hospital Social Work | 01324 673553 |
| Stirling Council Social Work Department | 01786 471177 |
| Stirling & District Association for Mental Health (SDAMH) | 01786 451203 |

Please see Service Information Directory (S.I.D.)

www.sid.scot.nhs.uk for other useful contacts and information.

www.Moodjuice.co.uk for advice on Mental Health issues.

www.publicguardian-scotland.gov.uk

Patient Appointments/Cancellations

If you have an enquiry about an appointment or would like to cancel it, please call 01324 566249 or email: FV-UHB.RTT@nhs.net

If you can't go let us know!

Every month around 2,000 people across Forth Valley fail to turn up for hospital appointments. This costs the NHS millions of pounds each year and increases waiting times. So if you are unable to attend or no longer require your hospital appointment please let us know so we can offer it to someone else.

We are happy to consider requests for this publication in other languages or formats such as large print. Please call 01324 590886 (24hrs), fax 01324 590867 or email FV-UHB.disabilitydepartment@nhs.net

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SMOKING IS NOT PERMITTED ON NHS FORTH VALLEY PREMISES

This includes corridors, doorways, car parks and any of our grounds. If you do smoke on NHS premises you may be liable to prosecution and a fine.



**INVESTORS
IN PEOPLE**

Silver

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