



Fact Sheet SAH05 December 2013

# Help leaving hospital

## Planning ahead

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If you are going into hospital you may need help when you leave in order to continue to live safely and independently at home.

The hospital staff looking after you will work with you to assess your health and social care needs for when you leave. If you were getting help before, they will arrange for this to be started again when you go home.

If you were not receiving help or need more help than before, you can ask the nursing staff to contact the **hospital social work team**.

A social worker will then work with you, your family or carer and the staff involved in your care to assess what support you may need.

If this shows that you qualify for support, the social worker will draw up a **care plan** with details about the type of care you will receive at home.

## Help at home

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There is a range of care and support options available following a stay in hospital, such as:

- **meals at home** through our Home Meals Service
- help with personal care through our **home care and enablement** package (see below)
- **equipment** to help you carry out daily tasks
- **adaptations** to your home to help you get in and around your home
- access to **places to meet other people**
- **support** for people caring for you.



## Enablement

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If you are eligible for support from the council, we can offer you an enablement package for **up to six weeks**.

This service aims to help you to do things for yourself so that you can regain your independence and achieve your short-term goals.

A week before the service ends a social worker will contact you to discuss your progress and any further help you may need.

## Will I have to pay?

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We provide some services free of charge but you may be required to contribute towards the cost of some of the services you receive. How much you contribute will depend on your income and the amount of help you need.

We will ask you to complete a **Financial Assessment** form to help us work out how much you may need to contribute. Your social worker will explain the costs to you fully before setting up your care.



## Care homes

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If you will not be able to live safely at home when you leave hospital you may need to consider staying in a care home for a while.

The social worker will explain the options available and help you decide which care home will suit you best.

## Hospital social work teams

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We have social workers at Barnet Hospital, Edgware Community Hospital, Finchley Memorial Hospital, Northwick Park and the Royal Free Hospital. They take patient referrals from hospital staff.

If you are at a different hospital the hospital staff will refer you to **Social Care Direct**, who will arrange for a social worker to assess your needs.

## More information

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### Social Care Direct

1<sup>st</sup> Floor, Building 4, North London  
Business Park, Oakleigh Road South,  
London N11 1NP

Tel: 020 8359 5000

Mobile text: 07506 593707

Email: [socialcaredirect@barnet.gov.uk](mailto:socialcaredirect@barnet.gov.uk)