



# Hospital discharge information

Once you are better, your recovery will be faster back in your own home. It is also important that our hospitals are able to look after people that need hospital care. Due to this, once you no longer need care in hospital, as decided by the health team looking after you, you will be discharged. It is always our priority to discharge you to the best possible place to support your recovery.

In most cases this will be to your home. You might need some extra support to help your recovery or practical help, such as with shopping.

If you require more complex care, this could be in another bed in the community.

Your needs and discharge arrangements will be discussed with you and your family, if you would like them to be involved.

## Prepare for discharge

- Speak to staff about your care plan after discharge.
- Include relatives and friends in the conversation – can they offer support to you once you are home?
- What extra help might you need at home?