

► Support and advocacy

You are entitled to support in your decision making. Please feel free to talk to any of the team looking after you, or the discharge coordinator on your ward if there is anything you are unsure about.

Alternatively, you can contact our PALs Office:

Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath BA1 3NG

Telephone 01225 825656 or email
ruh-tr.PatientAdviceandLiaisonService@nhs.net

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format.

The following partners are working together to deliver Home First:

- BaNES Age UK
- Dorothy House Care
- Medvivo
- Royal United Hospitals Bath NHS Foundation Trust
- Sirona care & health
- Somerset Council
- Somerset Partnership NHS Foundation Trust
- Virgin Care
- Wiltshire Council
- Wiltshire Health and Care



Introducing Home First

Working together to minimise your hospital stay
and maximise your independence

Safe and timely discharge with support and
assessment at home

▶ What is Home First?

Sometimes, hospital is absolutely the best place for you to be to have your medical or surgical needs met. But when you no longer need hospital care, a hospital bed may not be the best place for you to be.

Home First means that, together with the expert team looking after you, you have agreed that you are ready to leave the RUH but you might need a bit of extra support to return to your usual place of residence, be it your own home or residential care home. We will work with you to put this in place. You are likely to have a faster recovery in a place that is familiar to you.

▶ How does Home First work?

The Home First team of experts from across the whole health and care community will work closely with you to help to get you safely back home as soon as possible. When you no longer need hospital care, the best place for us to see what help and support you might need to manage day-to-day living and self-care tasks to keep you as independent as possible, is in your own environment, rather than in hospital.

A member of the Home First team, usually a physiotherapist, occupational therapist, or other healthcare professional, will come to your home and work with you to decide together what level of support you may need, and make arrangements for this to be put in place. You will review your support with the team regularly to help you remain independently in your own home.

▶ Who is Home First for?

Home First has been set up to support those people who:

- No longer need hospital care (we call this fit for discharge)
- Will be safe at home between visits from the Home First team

- Have friends/family or another support network close by
- Are able to undertake assessments and rehabilitation as advised by the Home First team

▶ What will happen next?

You will discuss the option of Home First with your nurse or other healthcare professional and if you both feel this would be the best option for you a referral will be made to the Home First team.

Once your referral has been accepted you will be given the date you will leave the RUH, and any medication or any other information you may need for your discharge from the RUH will be sorted out for you.

The Home First team will make sure you feel confident, independent and supported throughout.

▶ What can I do now?

Now that you are, or will soon be, ready to leave hospital you need to plan how you will get home. This could be with a relative or your carer.

It is important that you have enough time in the day to get settled in at home, so we expect your relative or carer to collect you from hospital by 10am on the day of discharge. By exception if you have no safe way of getting home we can arrange transport, just let your nurse know.

Whilst you are still with us, if you can, it's important to keep active.

Try to keep things as normal as possible for you, such as getting out of bed and getting dressed in your normal clothes. Keeping active will help your recovery and help you to get ready for being back at home.