Healthwatch Surrey (logo)

**Leaving hospital  
what do I need to know?**  
Use this to ask questions and record information to get ready for leaving hospital – for use by patients, friends/family, and hospital staff.

**Your name:**

There are lots of things to consider when getting ready to leave hospital, but sometimes it is difficult to know what these things are.

You and/or your trusted contact can use this guide in conversation with hospital staff during your stay to help you find out more in preparation for leaving hospital.

1. My trusted contact

* Is there anyone you would like to be involved in planning your discharge and follow-up care? (e.g. family, carer, friend)

**Name:**

**Relation to me:**

**Contact details** (e.g. mobile, landline)**:**

1. Leaving Hospital

* Where do I hope to be discharged to?
* Who within the hospital will help to arrange my discharge?

Name:   
Role:

1. My medical information

* Why am I in hospital?
* When I leave hospital, are there any symptoms I should look out for?  
    
  + What should I do if I notice these?
  + Do I need to come back for appointments? **Yes/No**
* Who will tell me about about these?
* Do I need to see my GP/Practice Nurse? **Yes/No**  
  + What should I tell my GP?

1. My medicines

* Are there any changes to my old medication?
* Will I have to take any new medication?
* How do I take my medicines?
* How and when will I be given my medication when I leave?
* Do I want this to be explained to my trusted contact? **Yes/No**

5. My daily living

* Will I need any adaptations to my home? **Yes/No**  
  + Who arranges this and when?

Will I need any mobility aids? **Yes/No**

* + Where do I get these from?
* How can I stay mobile in hospital?
* Will I need support at home:
* With looking after myself? **Yes/No**
* With looking after my home? **Yes/No**
* Who can I speak to about this?

6. Going home

* How will I get home?
  + Will someone collect me? Yes/No  
    If yes, who?
  + Will the hospital arrange transport?
* Will the house be warm enough?
* Have I got a key to get into the house? Yes/No
* Will there be food in the house? Yes/No
  + Who can help me get food for my first days home?
* Have I got my personal belongings? (e.g. dentures, glasses)

7. Moving to a care home or community hospital

* Where will I be going?
* What would help reassure me about where I’m going next (e.g. photographs? A conversation with someone?:
* Who can hep me arrange this?
* What will I need to take with me?
* Who can help me pack?

8. What else do I want to know?

Question:

Answer:

Question:

Answer:

Question

Answer:

Useful contacts

**Age UK**  
Age UK Surrey provide a help at home service to help you stay independent at home. For a small fee they can support you with shopping, running errands, light housework and gardening. To contact your local Age UK about home help:

North Surrey: 01784 444200

East Surrey: 01883 343095

South Surrey: 01483 275960

West Surrey: 01252 331352

https://www.ageuk.org.uk/surrey/

**Adult Social Care**

Surrey County Council provide information and advice about social care in Surrey

To contact Adult Social Care:

Telephone: 0300 2001005

Email: contactcentre.adults@surreycc.gov.uk

About this checklist

This checklist has been designed by Healthwatch Surrey in collaboration with local people, hospitals and care providers.

The checklist is aimed at people aged 65 and over for use in hospital to help make sure they have all the information needed to prepare for leaving hospital.

About Healthwatch Surrey

Healthwatch Surrey is an independent local watchdog that gives the people of Surrey a voice to improve, shape and get the best from health and social care services.

If you would like to share your experience with Healthwatch Surrey, you can contact us:

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SMS: 07592 787533

Email: [enquiries@healthwatchsurrey.co.uk](mailto:enquiries@healthwatchsurrey.co.uk)

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