

Hospital discharge factsheet

If you live in Nottinghamshire (excluding the City) and have just been discharged from hospital, or are about to be discharged, you may be able to get social care support to help you.

Social care support available without an assessment

Some support is available without a social care assessment:

Hospital discharge scheme

This can provide short-term support with practical tasks when you have just been discharged from hospital e.g. shopping or collecting prescriptions.

Short Term Assessment and Reablement Team

If you are struggling with everyday tasks, our staff can work with you to help you regain skills and confidence so you can live as independently as possible.

Intermediate care

We can work with the health service to support you to return home. You will have a thorough assessment and individual care plan that can involve physiotherapy, treatment or a stay in a specialist unit to help you regain strength and day to day skills.

Meals at home

We can arrange for hot, chilled or frozen meals to be delivered to your home depending on your needs. There is a charge for this service.

Please phone the County Council on 0300 500 80 80 to find out more about the support available.

Social care support available after a social care assessment

For other support, you will need to have a social care assessment to see if you are eligible. We use Government criteria to find out if you are eligible for this support and the decision is

based on your level of need. There is a charge for these services but you may not have to pay if your income is below a certain level. Please contact us on 0300 500 80 80 to request a social care assessment or to find out more or visit:

www.nottinghamshire.gov.uk/adultsocialcare

We can also put you in touch with other agencies which may be able to help.

Here are some examples of support we can provide or help you to arrange:

Personal budget

Following an assessment, most people who are eligible for long term social care support from the County Council will be given a personal budget. A personal budget is an allocation of money that people use to fund the care and support they need.

A personal budget can be taken as a direct payment or used to have a managed service. Setting up a direct payment is a more flexible way of meeting your social care needs. You can then decide how to spend the money to meet your social care needs e.g. by employing a personal assistant or by taking part in a daytime activity.

Home care services

We can arrange for carers to visit you to help with tasks such as getting out of bed, bathing and dressing.

Night response service

We can set up additional support to your existing home care service so you can contact care staff during the night if you have emergency night time personal care needs.

Day services

Day services offer social activities, education and other support during the day.

Occupational therapy support

We can help with:

- advice and information
- rehabilitation
- equipment / assistive devices
- adaptations to your home
- re-housing

Support for carers

you can get support to help you continue to care for someone. You are also entitled to your own carer's assessment.

Contact information:

Phone: 0300 500 80 80

Monday to Friday: 8am to 8pm

Saturday: 8am to 12 noon

Email: enquiries@nottscc.gov.uk

Website:

www.nottinghamshire.gov.uk/adultsocialcare

Minicom: 01623 434993

Emergency Duty Team: 0300 456 4546

Mon – Thurs: 5pm – 8.30am

Operates 24 hours at weekends from 4.30pm on Fridays to 8.30am on Mondays.

Operates 24 hours during all public holidays.

Phone 0300 500 80 80 if you need the information in a different language or format.