

# This is your guide to Care and support services when you leave hospital

## About this guide

Leaving hospital after an accident, illness or surgery can be a worrying time for you and your family. You might be concerned about how you will manage to do the everyday things that you did before you went into hospital. You may have spoken to different health and social care workers, and have had a lot of information to take in. This guide will help you and your family to understand the different types of social care that you may have been offered. It also explains how these services are paid for.

This guide applies to anyone who lives in Redcar and Cleveland and is aged over 18.

**If you need help to read and understand this guide, please speak to your health or social care worker.**



## **I think that I am going to find it difficult to manage. How do I get help?**

If you are worried about how you will manage when you leave hospital, you need to discuss this with the nurse who is looking after you. There is a variety of support that maybe available to you (with your permission), this could include:

- a referral to a health professional, such as an occupational therapist, physiotherapist, nurse or member of the multi-disciplinary team. They will talk to you about how to meet your care needs, exercises you may need to do, or equipment and adaptations you may need for your home; or
- a referral to a social worker, who will determine if you are eligible for services; or
- a referral to a member of the hospital's single point of referral team who will determine if you need additional support to help you regain your independence.

If your health condition makes it difficult for you to understand or make decisions about your care, and you have no-one who can make a decision for you, the nurse will make a decision in your best interest to make a referral, to ensure you receive the most appropriate support.

## **I am worried about how I am going to cope when my relative is discharged from hospital. What support is available to help me as a carer?**

If you are looking after an ill, disabled, or frail elderly relative or friend, you should recognise yourself as a carer. You are entitled to a carer's assessment, and may be able to access support including befriending, breaks from caring, counselling, advice on welfare benefits, training and employment and general information and advice.

If your relative or friend has their own social worker, you can ask their social worker for a carer's assessment. If they do not have a social worker, you can contact the Single Point of Access for Adult Social Care on 01642 771500.

## **What type of support will I be offered, and will I have to pay?**

Before you leave hospital, your health or social care worker will talk to you about any help you might need when you are discharged. They will also explain if you will have to pay for your care as there are different types of support that you could be offered to you depending upon your needs:

These are:

- Intermediate Care – recovery and assessment or reablement (for up to 6 weeks free of charge);
- Adult Care - provided either in your own home or in a care home, whilst you are undergoing an eligibility assessment for NHS continuing healthcare funding (referred to as 'discharge to assess'); or
- Adult Care - either in your own home, in the community or in a care home.

The type of support you are offered will depend on your care needs when you are ready to leave hospital, and whether or not you have potential to improve. The following pages explain the different types of support, and whether or not you will have to pay.

## **Intermediate care**

You may be offered an intermediate care service if health and social care professionals agree that you would benefit from either:

- support within your own home from the Recovery and Independence Team. The team will work with you to help you regain skills, including personal care, domestic care, shopping and cooking to build your confidence in daily living to enable you to live independently at home;
- specialist 24-hour support within The Meadowgate Centre reablement unit, to help you regain your independence and return to your own home; or
- a short period of 24-hour support within The Meadowgate Centre recovery and assessment unit. During this period of recovery, you will be assessed by health and social care professionals, to be supported to return to your own home.

Intermediate Care - both recovery and assessment and reablement, will be provided for up to 6 weeks. The service will be provided either in your own home or in the Meadowgate Intermediate Care Centre, Eston. The length of time that you will receive intermediate care will depend on how you improve and respond to the service. This could be anywhere from a few days, up to a maximum of 6 weeks.

## Adult care provided either at home or in a care home following discharge from James Cook University Hospital

You may be discharged from hospital with a care service, either in your own home, or a care home. If this is a new service to you, the care will temporarily be funded under 'Discharge to Assess' funding. Discharge to Assess funding may pay for some or all of your care needs for up to a maximum of 4 weeks, but maybe less than this, this will be explained to you by a social worker.

The funding will continue until you are assessed to see if you are eligible for NHS continuing healthcare. However, if you have previously been assessed for NHS continuing healthcare funding and your needs have not changed, you may agree with your social worker, at your first review that there is no requirement to go through this process again.

If you have had a package of care previously and following discharge from hospital this care needs to be increased, only the additional care will come under Discharge to Assess funding.

If it is decided that you are not eligible for NHS continuing healthcare funding, you will become responsible for paying the full cost of your care. You may be able to get help towards paying this cost from the Council. To determine if you are eligible for help, you will need to complete a financial assessment so we can work out what you can afford to pay.

### Other care and support available

If you are not suitable for intermediate care, or NHS continuing healthcare, your health or social care worker will talk to you about other care and support services that you might need to stay safe and well.

This could be informal arrangements that you make yourself, or arrangements made on your behalf (with your permission) by your health or social care worker, for example:

- Care provided by family members.
- Support that is available in the local community.
- Care at home services.
- A place in a care home.
- Equipment and adaptations to your home.
- A direct payment.
- Alternative housing options.

## Frequently Asked Questions

### How will my care be funded?

Your social care worker will talk to you about how your care will be funded.

For **Intermediate Care**, the services will be free for up to a maximum of 6 weeks depending upon your needs.

For all other **Adult Care Services** or following a period of discharge to assess or intermediate care, if you still need care either in your own home or in a care home, you will be responsible for paying the cost.

You may be able to get help towards paying this cost from the Council. To determine if you are eligible for help, you will need to complete a financial assessment so we can work out what you can afford to pay. Your social care worker will arrange the care for you, but once the Council has worked out what you can afford to pay, you will be sent an invoice for your contribution.

If you have more than £23,250 in savings, or own a second property, it is likely that you will have to pay the full cost of your care.

**If you are responsible for paying the full cost of your care**, and are going into a care home, your social care worker can help to find a suitable care home, but you or your family will need to make the arrangements and sign the contract with the care home.

If you are receiving care at home, or attending a day service, your social care worker can arrange the care for you and the Council will send you an invoice for the full cost.

If you choose not to complete a financial assessment, or if your financial assessment finds that you are responsible for paying the full cost of your care, **you will be responsible for paying the full cost of your care.**

### **I have been told that the first 6 weeks of care are free... is this true?**

No, this is a common misunderstanding. Depending on your needs when you leave hospital, you may be offered some short-term support (known as discharge to assess or intermediate care) discharge to assess maybe free of charge for up a maximum of 4 weeks and intermediate care for up to 6 weeks depending upon your care needs. In most cases, people will have to pay towards their care, whether it is in their own home, or in a care home.

### **Will I be entitled to any health funding?**

Sometimes some or all of your care may be funded by the NHS, this is explained below:

#### **Nursing Care**

If you are assessed as needing nursing care in a care home, the NHS will pay the nursing element directly to the care home, but you will still be responsible for the residential part of the cost. If you would like the Council to help towards the cost, you will need to have a financial assessment.

#### **Continuing Healthcare**

The NHS may pay towards your care if you are eligible for Continuing Healthcare (also known as 'CHC'). Continuing healthcare is care outside of hospital that is arranged and funded by the NHS. This could be in a care home, or care within the community such as a day service or care at home.

To be eligible for NHS Continuing Healthcare Funding, you will need to be assessed by a team of health and social care professionals. This team is known as a multi-disciplinary team, or 'MDT'. The assessment that they carry out is sometimes referred to as a DST. This stands for 'Decision Support Tool.' The Decision Support Tool helps the professionals

to decide if your health needs are at a level that means you are eligible for NHS continuing healthcare funding.

More information about continuing healthcare can be found at [www.nhs.co.uk](http://www.nhs.co.uk).

**It is very important that you understand how your care and support will be paid for.**

**If you or your representative would like more information, this can be found in our guides to paying for care and support. These are available from your social care worker or on our website at [www.redcar-cleveland.gov.uk/adultcare](http://www.redcar-cleveland.gov.uk/adultcare).**

**Version 5 – April 2022**

***This declaration and the duplicate declaration overleaf should be completed and signed by the person being discharged from hospital, or their representative. Your social care worker will save the duplicate declaration on your social care record.***

I confirm that I have read and understand this 'Guide to care and support services when you leave hospital'.

I understand that if I receive a chargeable service, that I am responsible for paying the cost. If I want the Council to contribute towards the cost, I must complete a financial assessment.

I understand that if I cancel my service, I must provide one week's notice, and that I must pay for the notice period, unless explicitly stated otherwise.

I am aware that I will receive the following service(s) and understand how this will be paid for

- Intermediate Care – 24-hour support within the Meadowgate Centre (Recovery & Assessment or Reablement) or reablement support within my own home (*free for up to 6 weeks*).
- Discharge to Assess (*new package of care*)
- Discharge to Assess (*additional care only*)
- Adult Social Care (*a charge will apply (if appropriate following financial assessment) from the date the service starts*).

Name of patient .....

Signature .....

Date .....

Name of patient's representative.....

Signature.....

Date .....

Relationship to patient .....

**Please also complete the duplicate declaration on the back page**

**Duplicate Declaration to be completed by the person being discharged from hospital, or their representative. Your social care worker will save this duplicate declaration on your social care record.**

I confirm that I have read and understand this ‘**Guide to care and support services when you leave hospital**’.

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