



This is your guide for **Planning Your Discharge from Hospital**

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Who are the Adult Social Care Hospital Social Work team?

Our Hospital Social Work Team are here to support patients who have been identified by hospital staff as needing social care support to be safely discharged from hospital.

The team are based at the James Cook University Hospital (JCUH) but are employed by Redcar & Cleveland Borough Council. Our staff will work with you to draw up a short-term plan to help you get the support you need and help identify who will provide this support.



Who decides when I'm ready to leave hospital?

When health professionals feel you no longer need hospital care, but would benefit from social care support after discharge, they will make a referral to our hospital social work team.

Health and social care staff will work together to ensure you are discharged safely.

How will the Hospital Social Work team help me?

You will receive a shortened assessment to identify your short-term care needs. This assessment will happen on the ward to determine what support you may need to regain your independence.

Can someone be with me at the assessment?

It is not always possible to have a family member or carer present at the shortened assessment because of the speed of the hospital discharge process.

A member of your family or a carer will be consulted as part of your assessment process wherever possible.

Where will I be discharged to?

Home



Home independently or with support from family. Home with support arranged worker.

Meadowgate



Intermediate Care Centre

Care Home



Short Term Care Placement

Who are the Recovery and Independence Team (RIT)?

The Reablement Service provides short-term personal care services for you in your own home. It offers intensive rapid response and reablement support to help you while you recover from an illness or injury to regain your independence, help you to continue living independently at home.

This includes daily activities such as: getting in and out of bed, washing and dressing, managing your medication, food preparation and going out.



What is the Meadowgate Centre?

The Meadowgate Intermediate Care Centre, Eston under Nab, provides a rehabilitation service.

It supports adults to recover from a period of illness or a stay in hospital. Rehabilitation support is provided by Redcar & Cleveland Borough Council to enable you to regain life



skills so you can return to living independently or support you to manage your condition or disability. The Centre has a team of therapists and social care staff to help with your recovery.

Short term Care Home Placement

You will receive an assessment by an Adult Social Care Trusted Assessor, on behalf of a Care Home to consider what your needs are and if a Care Home can meet those needs.



What happens next?

Your care will be transferred to a Social Worker.

The Social Worker will carry out a full needs assessment to check your eligibility in line with The Care Act 2014. The assessment looks at your longer-term care needs, all aspects of your daily life, and things that matter to you. We will look at your strengths and any support you receive from family and friends.

You and your Social Worker will consider options available to you, to ensure you receive the level of support needed. An example of options is:

- You may return home without any support.
- You return home with longer term support from a community care provider.
- Short stay at our Intermediate Care Centre.
- You move to an alternative residential care home setting.
- If you still need some help with self-care tasks after your stay at the Intermediate Care Centre, you may return

home with short term support from our Recovery and Independence Team (RIT).

- Extra Care Accommodation.

This is not an exhausted list. There may be alternative options identified based on your needs. Your Social worker will discuss those with you.

How much will it cost?

You may be eligible for Discharge to Assess funding which is free of charge for two weeks to support your discharge and determine your longer-term care needs.



When the funding stops, who pays for my longer-term care?

You may have to pay towards the cost of your care and support. Our social care financial assessors will help to you work out how much you will need to pay towards your care and support. The amount you pay towards your care will be decided based on your financial circumstances, the level of care you need, your income and how much you pay out each week.

To find out more go to:

[Get Social Care Help | Redcar & Cleveland](#)

Or you can call **01642 771500**

Or out of office hours on

0870 240 2994

