

# Supporting you home

Information for people who live in Solihull



**Solihull**  
METROPOLITAN  
BOROUGH COUNCIL

This leaflet explains how Solihull Council's hospital social work team can support you to regain independence or adapt to new circumstances once you are ready to leave hospital.

This kind of support is known as social care. It helps you with activities like washing, dressing and preparing meals. You may have to pay towards the costs of social care. There's more information about this in the leaflet.

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Most people tell us they would prefer to recover at home rather than in hospital. We are here to make sure you don't need to stay in hospital longer than you need; to plan your discharge and first few weeks out of hospital; and to help you adapt to new circumstances with the right support in place for you and your family.

Please share this leaflet with family or friends who are supporting your recovery now and when you leave hospital.

## Step 1 – Assessing what you need now

If you are likely to need support to regain your independence or adapt to new circumstances, the nurses on your ward will refer you to us, or you can ask to meet us.

We will meet with you while you are in hospital to discuss your abilities, needs and wishes, and the options available when you leave hospital. You can ask family or friends to support this discussion, either by coming into the hospital, or over the phone.

Together we will assess whether it's best for you to return home with social care support or to transfer to a different care setting. If at all possible, we will support you to go home as most people recover better at home. We can talk to you about different kinds of support that you and your family can put in place or access to help you stay safe and independent. This could include useful gadgets or a carer to help you get washed, dressed or prepare meals.

## Step 2 – Planning the first few weeks

Once we have completed this assessment, we will work with you to plan your discharge and your first few weeks out of hospital.

If we have decided together that you are going home, it is important that your home is ready for you. This means making sure it's at the right temperature and there is enough for you to eat and drink. If you, your family or carers can't arrange this, we can help.

If we have decided together that you should transfer to a care home, we will offer a place that meets your needs now. This may be a short term place which gives us time to discuss your longer term wishes and needs once you have left hospital. If you have a preference for a different care home we can discuss this once you are safely discharged from hospital.

You may have to pay for your care home place. Please don't worry about this. We will discuss this with you in more detail when we meet you.

### **Step 3 – Understanding your longer term needs**

Once you are settled, we will visit you again to review your situation and your wishes. This will usually be within six to eight weeks of you leaving hospital. We will see how you are getting on and assess your longer term care and support needs. At this stage, we can also meet with your carer or carers to discuss their needs.

Depending on your circumstances and needs, Solihull Council may be able to provide financial support towards your on-going care and support. This would usually be in the form of a payment directly to you, so you are able to arrange your own care. We can still help you to make care arrangements if you want us to.

If you have to pay the full cost of your social care, we can offer information and advice about the options available to you, and we can also arrange services on your behalf. If you ask us to do this, administration charges will be added to the cost of the care package.

For more information, please read Solihull Council's Adult Care & Support Offer, available on the Council website.  
[www.solihull.gov.uk](http://www.solihull.gov.uk)

For information on financial eligibility for Council support, please visit:  
<https://solihull.mylifeportal.co.uk/yourmoney>

## How to contact the Hospital social work team

We are a friendly team who are here to help you. If you would like to talk to us, please tell the ward staff and they will refer you to us. We will come and visit you on the ward. This should happen within a day of the ward staff referring you.

### You can also contact us directly. Ask for the Duty Social Worker

- Solihull Hospital 0121 424 5119
- Heartlands Hospital 0121 424 2537

### Useful phone numbers and links

- Carers Trust Solihull  
Tel: 0121 788 1143 [www.solihullcarers.org](http://www.solihullcarers.org)
- Solihull MyLife [solihull.mylifeportal.co.uk](http://solihull.mylifeportal.co.uk) This website includes a section on resources for carers called the Carers' Digital Resource.
- Solihull MyLife also has information about Community Advice Hubs which can provide independent advice about financial assessments. Contact the Community Advice Hubs by calling 0121 709 7590 or drop in to the hubs Monday to Friday in Chelmsley Wood Library (10am – 4pm, 2pm on Wednesdays) or Solihull Connect at The Core in Solihull town centre (10am – 4pm, 3pm on Wednesdays).

**Please use this space to make a note of the questions you have about leaving hospital and your next steps.**

The background features several overlapping geometric shapes in various shades of teal and light blue. A large, dark teal trapezoidal shape is prominent in the lower-middle section. Other shapes in lighter shades of teal and light blue are scattered in the upper and lower corners, creating a layered, abstract composition.

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