

Discharge to assess



A specialist service that enables people to leave hospital as soon as they are clinically able, by providing an immediate assessment and the development of a short-term personalised support plan, consistently monitoring progress. Focus is on maximising functional independence at home, personal care, social and emotional needs and restoring people's confidence.



The challenge

- Patient flow through acute hospitals – specifically those who could be discharged but are awaiting a care package
- Functional decline resulting from an episode of ill-health or hospital stay
- Independent living assessments completed in hospital may not reflect the reality of the person's home environment
- Moving care closer to home
- Lack of social support for lonely and isolated people
- Anxiety and concern about being cared for at home.



The service

Support follows an enablement approach, 'doing with' rather than 'doing to'. It starts with a personalised assessment in their own home, actively involving the individual in developing their support plan, agreeing independent living goals and then reducing formal care input in line with progress towards their goals. Support includes personal care and administering medication, progress is reviewed on a visit-by-visit basis.

The service increases people's quality of life, their choice, control, overall wellbeing and independence, which offers peace of mind to family, carers and loved ones.

The service can also support palliative or end of life patients in their home.



The impact

- ▶ **Removes practical and emotional barriers** to a timely discharge from hospital
- ▶ **Reduces** likelihood of readmission to hospital
- ▶ **Improves the efficacy of independent living** assessments
- ▶ Reduction in the amount of care **required and reduced reliance on residential care**
- ▶ **Improvement** in confidence, functional ability, mobility, independence and wellbeing.

*"Things are very much in your hands, **the support worker is not doing things to you; she's helping you, it's that feeling of control.**"*

Person supported