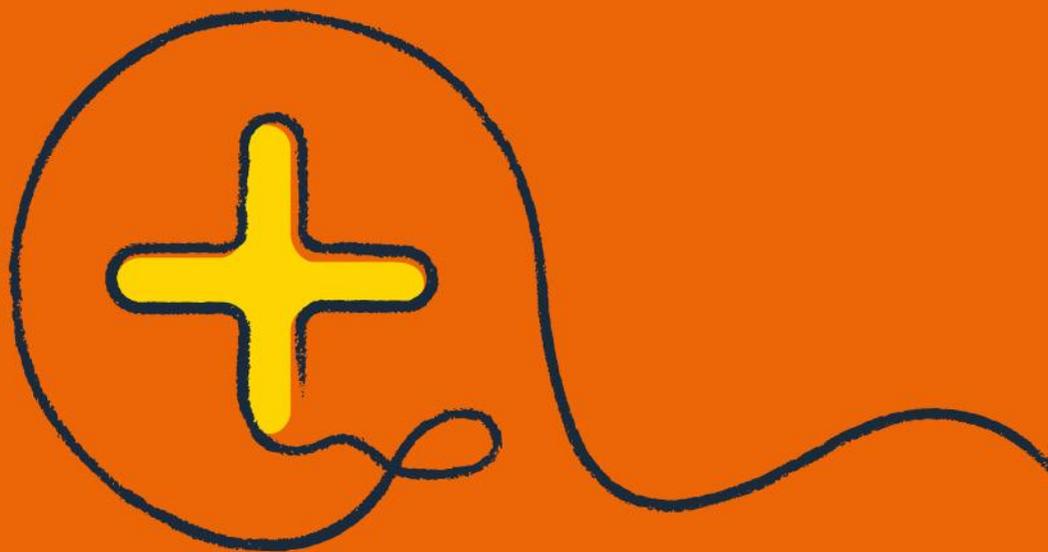


**ST CATHERINE'S  
HOSPICE**

# Preparing to Leave a St Catherine's Ward



## **Content**

A guide to being discharged from our wards



*The purpose of this leaflet is to give you, your family and carers a rough guide on how the process of discharge or transfer from the Inpatient Unit (IPU) works and to answer some common questions.*

### **Why have I been admitted to St Catherine's?**

People come to the hospice for many reasons. You could have been admitted:

- To help manage your symptoms and medicines
- For a short respite stay
- To make you comfortable at end of life
- To assess what ongoing support will help you most

While you're with us, we'll help you address any issues you may have, and plan for the future.

### **How long will I stay with you?**

St Catherine's isn't a long-stay facility and the length of your stay will vary depending on your individual needs. You might only be with us for a few days, or if your needs are more complex or changing, you might be with us a little while longer. Our Multi Disciplinary Team will work together to address your needs and assess how long you need to stay. The team will discuss potential future plans with you, your family and carers before any decisions are made.

Please don't worry if we start talking about discharge within a few days of your admission. This is perfectly normal. Some discharge arrangements can take time to sort out so it's best we start early, so that care, equipment and any other services can be arranged in good time if you move on from the hospice.



## **What happens when it's time for me to leave St Catherine's?**

We know leaving our care can be daunting but before you leave we will help you make sure you have everything you need in place.

## **What funding is available to me?**

If you're eligible, we'll make sure that relevant funding is in place to meet your needs (if appropriate, please ask for a separate Continuing Health Care leaflet). Funding is usually offered by social services or continuing healthcare to make sure that you continue to be supported either at home or in an alternative place of care, such as a nursing home.

Once funding is arranged, you'll be given possible options for your ongoing care. You and your family or carers will have seven days to review these and make a decision about how you'd like to proceed, but in exceptional circumstances, it may be possible to give you more time to explore your options. While you're making your decision, if you, your family or carers have any queries or concerns, please talk to us.

## **Nursing Homes**

### **If I need to go to a nursing home, what do I need to do?**

We'll help manage your move to a nursing home by seeing if you're eligible for funding. Depending on the outcome of your individual assessment, St Catherine's Admissions and Discharge Co-ordinator, and the relevant funding team, will work with you and your family to find a suitable nursing home in an area of your choice. Please note, nursing home spaces are limited but we will always do our best to meet your wishes.



## **I've been given names of nursing homes to view, what does this mean?**

You and your family will need to view the different nursing homes on offer, and make a decision about which one you'd like to move to within five working days. If you and your family don't feel any of the homes are suitable, you may have to consider choosing one as an interim home until you can find a home you want.

Please note, if you're unable to view or make a choice about the nursing homes you've been offered within seven days, then St Catherine's, working in partnership with the NHS Continuing Healthcare Team, will arrange for you to move to one of the nursing homes on offer. This will be considered an interim arrangement to allow you further time to view other homes or to consider your other choices.

## **How much will I have to pay for a nursing home?**

We will discuss this with you individually. Sometimes we can access NHS funding or ask Social Services to assess you, however there are limits on what the NHS or Social Services will pay. Any nursing homes you're asked to visit should be within these limits. If you don't feel these are suitable, you're entitled to go to other nursing homes but you may have to fund them yourself or pay any difference.

## **Going home**

### **How will I know if I can manage at home?**

We'll work with you to assess your needs and to find ways we can support you after you leave the Inpatient Unit (IPU). Our Occupational Therapist and Physiotherapist may use the therapy gym to assess your physical abilities and talk to you about sourcing equipment which will make life easier for you at home. Additionally, our community teams may visit you at home or you may be encouraged to attend one of our Day Hospice groups.



### **What happens if I can't manage at home?**

There are services that you can access in order to help you manage and we'll discuss these with you and your family. If you're unable to manage at home, you may need to consider a nursing home but we'll offer advice and support with this process.

### **When I'm discharged will I still have contact with St Catherine's?**

Yes. One of our community nurses will keep in contact and visit you at home or in your nursing home when needed. You may also still visit St Catherine's for other care services such as Day Hospice, counselling, complementary therapies or spiritual care. Some of these services can also be offered to you at home or in your nursing home.

Once you're home, your GP will be responsible for your day-to-day care, along with other community healthcare professionals such as District Nurses, but they will keep us updated.

### **Once I'm discharged will I be able to return to St Catherine's ward?**

We work closely with your GP and other professionals involved in your care to help you manage your illness at home or at your nursing home, and we'll try to keep you there if possible.

If you require specialist palliative care that can't be given elsewhere, we'll assess you to see if returning to the hospice is the best thing for you. If it is, you'll be offered a further hospice admission.



## **Do I have to pay to stay at St Catherine's?**

No. All our care is free thanks to the support of our local community. However, if you would like to make a donation this would be gratefully received. Please speak to a member of your nursing team or visit our website: [www.stch.org.uk](http://www.stch.org.uk)

## **What happens to my medication when I leave St Catherine's?**

It's likely that while you're staying with us, your medication will be changed. Our Medical Team will have discussed your new medication with you and your carer, and will have carefully monitored whether it is improving your symptoms. This allows us to be confident that when you leave the hospice, you're taking the most effective medication in the most appropriate doses.

Just before you leave, we'll order one week's supply of all your medication. If you're taking a lot of tablets, we'll often supply these in blister packs, to make it easier for you to manage your own medication, and see exactly what tablet you're meant to take and at what time. You'll also be given a green medication card to use as a daily guide, and we'll send your GP and District Nurse information to make it easier for you to request repeat prescriptions.

If there is anything you're worried or concerned about once you're home or in your nursing home, you can still call our helpline for advice, anytime day or night, on 01293 447333.



## About St Catherine's Hospice

We're one of the leading providers of end of life care and support in Sussex and Surrey and we work alongside the NHS.

Our care is tailored to meet your individual needs, whether that's helping you manage the symptoms of your illness, giving you emotional support, a respite break or end of life care.

And while you're staying on our Inpatient Unit, we'll help you with the difficulties your illness is causing, both physically and emotionally, for you and your family, working alongside other people involved in your care, like your GP.

While you're here, you'll meet with doctors and nurses and you may also meet one of our other teams, such as occupational therapists, physiotherapists and members of our Patient and Family Support Team. Our staff will work closely together to ensure you and your family receive the highest levels of support.

If you would like to discuss anything further please contact St Catherine's Admissions and Discharge Co-ordinator on 01293 447394.



This V2 booklet was published by St Catherine's Hospice in December 2017 and will be reviewed every two years.

If it would be helpful to have this leaflet in another format or language please call the main hospice switchboard on 01293 447333.

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