

Moving from hospital to a care home

A guide for patients, families and carers

Who is this leaflet for?

This information is only for people whom an assessment has recommended that your care needs could only be met in a care home setting.

It is **not** for people who can return home, or might be able to return home after a period of rehabilitation or reablement.

Why do I need to move into a care home?

Your future, long term care needs will have been identified during an assessment by health & social care staff. The assessment will have taken account of you and your family or carer's views. It will also have considered the support you will need after discharge.

You should receive a copy of the assessment, and you should be given the opportunity to discuss its contents.

It is important to understand that moving from hospital is in your best interests. Unnecessary delays can put you at risk to infection whilst in hospital and you may even lose some of your confidence and independence.

How do I choose a care home?

Your assessment will recommend the type of care home that will best meet your needs. You will then be provided with a list of suitable homes that can meet your assessed needs.

You can choose **up to three** homes from the list provided, and rank them in order of preference if you wish.

At least one of your choices should have a vacancy available for you by your agreed date of discharge.

My choices don't have any vacancies?

If your first (or any) choice of care home does not have a vacancy available you will need to make an interim (temporary) move to an alternative home with a suitable vacancy. This will either be one of the other homes you chose, or may be a different home, recommended by your social care worker.

Your name will be added to the waiting list(s) of your preferred home(s) and your social care worker will continue to seek a place for you. When a place becomes available you will be given the option to transfer, if you still wish to move there.

Why can't I wait in hospital?

You should only stay in hospital for as long as you need medical treatment or interventions. Once these are finished it is important that you are discharged safely and promptly, as your health may deteriorate if you stay in hospital longer than needed.

The leaflet **“Ready for discharge? What happens next?”** contains more information on discharge planning, assessment, and appealing the decision to discharge.

Who pays my care home fees?

Everyone makes some contribution towards their care home fees. The amount of contribution you have to make depends upon several things, such as how much capital you have, and the care home you choose.

Financial Assessments

A Financial Assessment will look at your own income and savings and the local authority will make a decision about how much you are able to contribute towards paying for the services. Local authorities may, in individual circumstances, consider whether there is other income to which you have reliable access, which should also be taken into account. This should be explained in information on charging which you should be given by your assessor at the time the financial assessment is carried out. If you disagree with the amount you are asked to pay, you can ask for a review. No matter who your provider is, you should be told what their service will include and how much it will cost before the service begins.

If you prefer not to have a financial assessment you can refuse, but you will have to pay the full cost of any services arranged for you.

NHS Continuing Healthcare

NHS Continuing Healthcare is for people with very complex care needs that can only be met under the supervision of specialist healthcare professionals. A clinical assessment is needed to determine eligibility, your doctor will advise whether this is necessary. An information leaflet will also be available.

Free Personal and Nursing Care

Free **personal care** is available for everyone aged 65 and over in Scotland assessed by the local authority as needing it.

Free **nursing care** is available for people of any age assessed as requiring nursing care services. However, if you require care in a care home you may need to contribute towards your remaining accommodation costs.

Useful contacts

Scottish Independent Advocacy Alliance

Helps people express their needs and make their own decisions



www.siaa.org.uk



0131 260 5380

Patient's Advice and Support Service

PASS is provided by the Citizens Advice Bureaux, gives free advice on the rights and responsibilities of patients. It also advises and supports people who wish to comment or complain about treatment and care provided by the NHS in Scotland.



www.patientadviceScotland.org.uk



Your local telephone book will have contact details for your local citizens advice bureau.

Care Information Scotland

CIS is a telephone and website service providing information about care services for older people living in Scotland.



www.careinfoscotland.co.uk



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