

Sheffield Carers Service

information & advice & support for unpaid carers

Guide for unpaid carers (partners, family member or friend) for when the person they care for is leaving hospital

If you're looking after someone who relies on you to provide ...



Practical Support



Help with Medication



Physical Help



Emotional Support



Personal Care



Help with Finances

... did you realise you're a carer with rights and access to support?

The definition of a carer

An unpaid carer is someone who provides practical and/or emotional support to an adult or child with an illness, disability, frailty, mental health difficulties or an addiction.

Becoming a carer can be a gradual process with some people not recognising the changing nature of their relationship with the person they support. Some carers may prefer to continue identifying as a husband, wife, partner, sibling, parent, child, or friend and it's ok to do that.

It's important to let hospital staff know you are a carer

Planning the discharge starts early in a hospital stay. Carers have the right to be involved in planning the hospital discharge of the person they care for (Health and Care Act 2022).

By involving you the discharge process is more likely to go smoothly and without problems.



When the person you care for has a hospital stay

Let the hospital staff know you are a carer as soon as possible. They can then help you during the patient's hospital stay by:

- Listening and recognising your expertise as a carer
- Explaining and involving you in treatment and care plans
- Explaining what happens when the patient is discharged
- Encouraging you to take breaks and look after yourself
- Signposting you to local support organisations

It's never too early to start planning for discharge

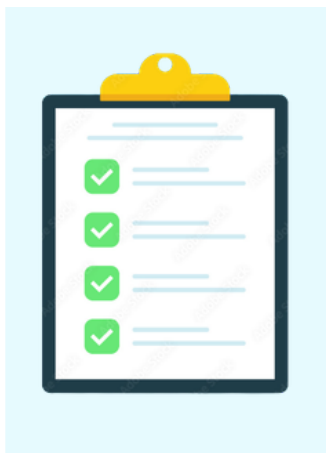
It is important that you have information to make the right decisions and think about your own life and wellbeing:

- Do you know the patient's diagnosis and treatment plan?
- Have there been any changes to the patient's support needs?
- Are you able to provide the care and support that will be needed?
- If the patient is being discharged to a care or nursing home do you have information and time to investigate available options?

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Make a checklist of points to consider



- Has the discharge plan and assessment been discussed with you?
- Do you know the diagnosis and treatment plan?
- Have you been advised of the expected date and time of discharge?
- Have the transport requirements of the patient been discussed with you?
- Can you take the patient home or will they need a taxi or hospital transport?
- Advice or information on the patient's medication & any new equipment?
- Do you need training such as giving medications or safely moving a person?
- Have a contact name & number to call about any concerns after discharge?

Ask for help and check for support services

Don't be afraid to ask hospital staff for help. They may be able to direct you to support available in the local community (such as Sheffield Carers Service) or some national organisations (Carers Trust or Carers UK).

You can get a copy of the Hospital's Discharge Policy from the ward manager or the hospital's Patient Advice and Liaison Service (PALS).



The 'Coming Out of Hospital' factsheet by Carers UK is another useful source of information at: www.carersuk.org/help-and-advice/practical-support/coming-out-of-hospital

Sheffield Carers Service offers a wide range of support services for all unpaid adult carers who live in Sheffield, regardless of where the person they care for lives.



Who we can help, our definition of a carer

Becoming a carer can be a gradual process and some people don't realise they have a caring role. Find out how we can help and support you.



I'm a carer, so how can you help me?

If you look after a partner, relative or friend who is disabled or ill due to physical or mental health, you are a carer and we're here to help you.

Scan the QR code to visit our website and discover how we can support you



T: 0114 272 8362

E: support@sheffield-carers.org.uk

W: www.sheffield-carers.org.uk