

Pathway 1

Recovery and rehab at home

Our priority is to help you get better and to support you to leave hospital when you no longer need care there. We know that people recover best away from the busy hospital environment, ideally at home.

In Bristol, North Somerset and South Gloucestershire, NHS organisations, local authorities and community partners are working together as an integrated care system to improve health and services for local people.



[bnssghealthiertogether.org.uk/
home-first](https://bnssghealthiertogether.org.uk/home-first)





At home, people do more for themselves and keep active in familiar surroundings. People tell us they enjoy better sleep and better mood among friends, family and their usual home comforts.

Staying in hospital any longer than necessary has been shown to reduce independence and confidence, lead to muscle loss and increase the risk of infections, pressure sores and incontinence.

Leaving when the time is right is not only best for you but also helps ensure beds are available for those who need hospital care.

If you no longer need hospital care, but still need some extra support, there are different ways of leaving hospital, known as 'pathways'. The team caring for you will consider which is right for you, based on your individual needs and circumstances.

Recovery and rehab at home

Following assessments and discussions with you, your family and carers, your clinical team feel pathway 1 – recovery and rehab at home – is the right one for you.

This is because they have identified that while you are well enough to leave hospital, you still need some support to regain your independence.

You will return home from hospital, where you will continue your recovery and rehabilitation (rehab for short) with a period of extra support from our community team.

The Sirona care & health team



NHS community services in Bristol, North Somerset and South Gloucestershire are provided by Sirona care & health. The team includes physiotherapists, occupational therapists, community support workers, nurses, pharmacists and paramedics. They work together to support your recovery and rehabilitation and you will be seen by the professional best suited to your needs.

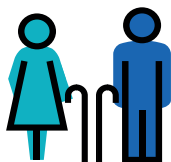
What to expect at home

At home, you will be assessed by a community practitioner. This could be in person, or it may be by telephone or video call.

They will check how you are and work with you, and your family or carers, to understand how your illness and hospital stay have affected your ability to manage at home. For example, being able to wash and dress yourself and move around your home. They will develop a personalised recovery and rehabilitation plan for you based around your personal goals.

This may include an activity and exercise programme, a number of visits from a therapist or support worker, or the provision of equipment such as grab rails to make things easier.

Your plan will be tailored to your needs. Some people will need less support than others. It is important you play an active role in your rehabilitation and work with us to ensure you achieve your maximum independence.



How can family, friends and carers help?



The support of loved ones can be really helpful in your recovery. They can help you:

- Manage your medicines safely
- Eat regular, healthy meals
- Drink plenty of fluids
- Get in and out of bed safely
- Get onto the toilet easily
- Move around more
- Have someone to talk to.

This is not a domestic service, so we cannot help with tasks such as cleaning or shopping. If you need support with things like this, our community practitioners can put you in touch with your local authority social care team or voluntary sector partners who can help.



How long will I receive this service?

This is a short-term service aimed at achieving progress towards your personal recovery and rehabilitation goals. If longer term support needs are identified, your community practitioner will put you in touch with your local authority social care team.



Do I have to pay for this service?

No. Recovery and rehab at home is part of your free NHS care for as long as your community practitioner believes you are making progress.

If, once you have progressed as far as you can, you need longer term support, your community practitioner will put you in touch with your local authority social care team. They will assess your needs and discuss these with you and your family and carers. At this point a financial assessment may be made and you may need to pay towards any social care you receive.

If you have any questions, please ask a member of staff.

If you require this leaflet in a different format or language, please ask a member of staff.

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