

Pathway 2

# Rehab to 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 people recover best away from the busy hospital environment.

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)





**Outside of hospital, people do more for themselves and are more likely to keep active. They tell us they enjoy better sleep and better mood among friends, family and more familiar 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.

## Rehab to home

Following assessments and discussions with you, your family and carers, your clinical team feel that pathway 2 – rehab to 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 before you can return to the place you call home.

You will transfer for a short stay in a community rehabilitation bed to continue your rehabilitation (rehab for short) and recovery. This may be in a rehabilitation unit or a care home that includes therapy support. We try to ensure you are as close to home as possible but this may not always be possible, particularly if you have specialist needs.



## What to expect

When you arrive, you will be welcomed by the team caring for you. They will check how you are and agree a plan for your medical and nursing care.

You will see a therapist who will assess your rehabilitation needs. They will work with you to understand your personal goals and to develop your rehabilitation plan.

We use everyday activities, like getting dressed or walking to the bathroom, alongside exercise plans to support your individual rehabilitation.

The team caring for you will work with you throughout each day to support your rehabilitation plan, making sure you have opportunities to move around and do things for yourself.

It is really important you work with us and take every opportunity to progress towards your rehabilitation goals.

## How long will I stay?

This is a short-term service while we support you to be as independent as possible before you return to the place you usually live.

Early in your stay, we will identify the date we think you should be ready to leave and start planning your discharge with you and your family or carers.

We will assess your progress regularly, so this date may change. You and your family will be involved in all discussions around this date and what further support you may need when you leave.



## What happens when I'm ready to leave?

When you are ready to leave, you may be able to go back to the place you call home without any further support.



If you require further support at home, this may be provided by our community therapy team or the local authority social care team. If home isn't the best place for you, we will discuss alternative locations with you and your family that may be more suitable for your ongoing needs.

If you need longer term support, your local authority social care team will assess your needs and discuss these with you, 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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