

## Discharge Planning

Discharge Planning starts almost immediately. The consultant sets a provisional discharge date after admission to the Spinal Unit.

As housing issues and benefit enquiries are time consuming it is essential that discharge planning starts as quickly as possible to aid a seamless transition from hospital to home.

We use goal planning meetings, where you and the team working with you, meet to set goals with target dates. This is the main tool we use to plan and work towards your discharge.

Once you reach the appropriate level of rehabilitation and you have a suitable house or flat, we may consider you for one of the following:

- Day pass which means a trip outside the unit.
- Step-down Unit which is a fully wheelchair adapted property where family or friends can care for you. (Independent of the unit).
- Overnight pass to an appropriate property.
- An occupational therapist may need to assess any property being considered for an overnight pass or for discharge. They will also identify if any equipment is needed and can be accommodated.

Any training for your family, district nurses or carers needs to take place before we consider any passes.

Before your official discharge date the discharge coordinator or nurse will liaise with your district nurse to make sure all appropriate equipment is in place.

The discharge coordinator or nurse will also make sure:

- Medications (for one week) are ordered for discharge.
- A detailed discharge letter is completed.
- You have an outpatient appointment for the review clinic (normally six weeks).
- You have a minimum one week of supplies.
- You have appropriate transport home.
- Carer agency or district nurses are aware of your discharge and any input (if required).
- You have an appropriate education folder.

### Post Discharge (after you go home)

You will need to contact your G.P. to arrange a prescription for your medication and supplies.

Your GP may allow or arrange a company to deliver any appropriate supplies to your house.

You can contact the Liaison team on 0141 201 2550 or 2540 if you have any questions when you go home.