



# **Moving from hospital to a care home**

**A guide for patients, families and carers**

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Clarity approved by  
Plain English Campaign

# Moving from hospital to a care home

## A guide for patients, families and carers

### Who is this leaflet for?

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This information is only for people whose assessment has recommended that their 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?

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

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

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

### How do I choose a care home?

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

You can choose **up to three** homes from the list, 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. Social work staff will be able to tell you which homes have rooms available.**

## What if my choice doesn't have any vacancies?

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If your first (or any) choice of care home does not have a room available, you will need to temporarily move to another home which has a suitable vacancy. This will either be one of the other homes you chose, or a different home recommended by your social care worker.

Your name will be added to the waiting lists of your preferred homes and your social care worker will continue to watch for a room becoming available for you. When one becomes available you will be given the choice of moving there if you still want to.

## Why can't I wait in hospital?

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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 quickly and safely, as you may become unwell again if you stay in hospital for longer than needed.

The leaflet '**Ready for discharge? What happens next?**' contains more information on discharge planning, assessment, and appealing if you don't agree with the hospital's decision to discharge you.

## Who pays my care home fees?

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You might be asked to contribute towards your care home fees. The amount you may need to pay will depend on several things, such as the value of your savings and investments and the care home you choose.

## Financial Assessments

Your local authority will carry out a financial assessment. This will look at your income and savings and will decide how much you are able to contribute towards your care.

If you disagree with the amount you are asked to pay, you can ask for a review. No matter who provides your care, you should be told what their service will include and how much it will cost before it 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.

## Free personal and nursing care

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

Free **nursing care** is available for people of any age who are assessed as needing nursing care services. However, if you need care in a care home you may need to contribute towards any other costs involved (for example, accommodation costs).

## Useful contacts

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### Scottish Independent Advocacy Alliance

Helps people express their needs and make their own decisions



[www.siaa.org.uk](http://www.siaa.org.uk)



0131 260 5380

### Patient Advice and Support Service

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



[www.patientadvicescotland.org.uk](http://www.patientadvicescotland.org.uk)



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

### Care Information Scotland (CIS)

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



[www.careinfoscotland.scot](http://www.careinfoscotland.scot)



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