

Caring for someone when they leave hospital

This leaflet provides advice for people who give care or support to someone leaving hospital.

Types of support

You might be a family member or friend. You may give care or support in person, or you might do this from a distance (such as by phone).

Care or support could be:


- personal care, such as help with moving around, eating, washing, or getting dressed
- emotional support, such as helping someone with their anxiety or stress
- support with cooking or cleaning
- collecting items like medicines or shopping
- help with paying bills or paying for care

Carer's assessment

If you need help, or cannot provide care, you have a right to a carer's assessment. This is an assessment to see what might help you. You must contact your council or local authority for this.

You can find their details at www.gov.uk/find-local-council

Advice when giving care or support

- Tell your employer if you work. They may make changes to support you.
 - Tell your school, college, or university if you study. They may make changes to support your studies.
 - Ask hospital staff about groups that can help. There may be one that supports the type of care that you need to provide.
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Health information for patients

- Visit the Carers UK and Carers Trust websites for support.
Carers Trust: www.carers.org or phone 0300 772 9600
(calls are free)
Carers UK: www.carersuk.org or phone 0808 808 7777
(calls are free)
- NHS and Care Volunteer Responders can provide help.
Website: nhscarevolunteerresponders.org or phone 0808 196 3646
- Care for your own health and wellbeing. A good diet, sleep and physical activity are important. The NHS provides the “Every Mind Matters” website to support wellbeing:
www.nhs.uk/oneyou/every-mind-matters
- Write down what care or support you’re giving. This should include a diary of daily support that will help others to continue the care needed. Carers UK have advice on this (see Carers UK link above).
- Try not to do it all on your own. Tell friends and family how they can help.

Please ask our staff if you need this information in another language or format. We’ll do our best to meet your needs.

UHCW has a smoke free policy.

Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:
www.uhcw.nhs.uk/feedback

