

## How to prepare

It is important that both you and those close to you receive information about your health and how it could affect your situation in the future. If you feel you need more information, you can ask your doctor or other person involved in your care for a private discussion.

It would be helpful if you could write down in advance your needs and thoughts and any questions you may have. This will help to ensure you receive the answers you are seeking.

### Personal notes

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## Care planning before discharge

Information for persons who might possibly require support from the local authority or the primary care service when they are discharged from hospital



Time and place for my discharge planning meeting

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The aim behind care planning is that after discharge from hospital you can return to a life where you remain as independent as possible.

## What is meant by care planning prior to discharge?

En Care planning prior to discharge from hospital takes the form of a meeting where you and perhaps those close to you can meet staff from the local authority and the county council. Together you discuss your need for care and support after you leave hospital.

## Permission

An exchange of information between the local authority, the primary care service and the hospital regarding your health will only take place if you have granted permission.

## Planning can cover

- your personal care
- your medication
- your need for training and equipment
- help that can be provided by those close to you
- looking after your home
- obstacles in your home and immediate surroundings

Depending on your needs, you can apply for support from the local authority. Based on your application, the authority representative will find out what help you are entitled to.

## Who can take part?

Both you and staff from the local authority are involved in the planning process. If you wish, persons who are close to you can take part. Staff from the hospital and/or health centre can also be involved. An interpreter can be arranged if necessary.

## After the meeting

When you leave hospital you will be presented with a plan showing the arrangements that have been made for your continued care and welfare. The plan covers the initial period after discharge. A follow-up will then take place and support will be adjusted to suit your needs. In addition to the care plan, you will receive a written summary of the time you have been receiving care as well as information about any medication you may need.