

# Hospital Discharge

*Social and practical support following a hospital stay*

We know that a hospital stay can be **daunting** and the importance of support when you get back home, particularly if you don't have family support. Our Hospital Discharge Officer will support you to have an action plan so that your recovery and recuperation goes smoothly.

## We can help with the following:

- Identify safety concerns in the home
- Provide information to keep your home warm
- Collect your shopping or prescriptions
- Support with transport options
- Signpost to community services and activities
- Signpost to information and advice on finances, including welfare entitlements
- Arranging for someone to call round for a chat

Inclusion Matters can help you further after discharge if you would like to find out more about social activities in your area or health related groups to help you stay healthy and active and reduce the likelihood of re-admission.

**Please phone our helpline on 01872 266383 or visit [www.cornwall-link.co.uk](http://www.cornwall-link.co.uk) for more information.**

*Please contact us if you are interested in volunteering on the project.*



## Inclusion Matters

Connecting Cornwall's Communities