

Sefton Council



NHS



Let's get you home



HomeFirst

Why not home, why not today?

Let's get you home!

Nobody wants to stay in hospital any longer than they need to, and once hospital care is complete, we at **Home First** understand that many people want to be back home as soon as possible.

Hospital may be where you get treated, home is where you can get better.

People recover **better at home** once their treatment in hospital is complete, and home is a much better place to think about your future and make important decisions than a busy hospital.

We want to make sure people receive the right care, at the right time, in the right place.

After you return home from hospital **Home First** team of specialist health and care professionals will help and support you in your recovery, in the place you call home.

After a few days with the Home First team, we will review and talk to you about your care and what is important to you in the future to support your needs.

We want to work together towards goals that will help you regain a level of independence. What matters to you is important to us.

This may include help from:

- support workers
- occupational therapists
- physiotherapists or
- reablement workers.

Reablement is a short-term, person-centred support service to help you regain the skills and confidence needed to live independently.

The Home First team would be happy for you to be supported by a family member or friend you want like to be included in conversations when we visit you.



Getting ready for home

At **Home First** we understand that sometimes there is lots of information to remember when you are returning home from a stay in hospital. The Home First team will help you understand the information that will have been discussed with you for your discharge.

Help us to help you

To help you achieve your goals, the Home First team will work with you during the process, engage with therapy and care staff. We need you to commit to carrying out exercises and following our advice. We can guide and support you to achieve your goals, but it is you that will achieve them. Together we can do this!

To assist the team to help you achieve these goals you will be asked to help the team complete a plan within the first 24 hours of arriving home. This will help you and the team plan your recovery and help them understand your needs and what matters to you.

The plan is tailored to you and can be updated whenever you or the team feel necessary.

During one of the first visits from the Home First team may look at things such as:

Do you need short term support from our services with personal care or meal preparation whilst you recover?

Are you able to manage at home on provided your own after a period of time?

- Will you require on-going support at home?
- What other support you have such as family and friends that can help you?

Home First can assist you with day-to-day tasks when you get home and our team will work with you to help you regain independence. Most people recover and get stronger with help from family, friends and neighbours or with support from voluntary and community services.

The duration of our support will depend on your needs. Most people receive support for between 1-3 weeks.



What matters to you?

At **Home First** we want to hear what matters to you, so we work together on your recovery in the comfort of your home. We want to help you remain at home safely and get back to doing the things you enjoy.

With you, we may look at how you manage to:

- Move around your home. This may include appropriate equipment if needed (walking stick/frame)
- Get in and out of your bed and chairs
- Access a toilet or commode
- Wash and dress yourself
- Prepare meals and drinks for yourself

Ongoing support and care

If our assessments identifies that longer-term support is required, we will work with you to arrange this and refer you for additional help.

Ongoing care is by Adult Social Care Services who will assess whether you are eligible for care and support.

You may have to pay for some types of care yourself and we will work with you to complete a financial assessment.

For more information about charges and paying for Adult Care and Support Services in Sefton visit www.sefton.gov.uk/social-care-and-health/adult-social-care/adults/paying-for-care/ or call **0345 140 0845**

Family members can receive support from Sefton Carers Centre 0151 288 6060 www.sefton-carers.org.uk

In the unlikely event that you begin to feel unwell between the Home First team visiting you and require advice, please call NHS 111 or visit www.111.nhs.uk

