



After your hospital stay

Your hospital guide 6

Your hospital guides were produced by the Ready to Go Home project, funded by Department of Social Services.



When you leave hospital

This easy-to-read information will help you know what might happen when you leave hospital.



Leaving hospital is a time when you might have different kinds of feelings.

You could be excited to be leaving the hospital.

You might be worried or afraid.

You might feel there's too much to think about and do.



People have these feelings for different reasons.

They might have to learn how to cope with a change in their health.



Or they might need more help at home.

Or maybe have to live somewhere else to get the help they need.



After leaving hospital

When you have left the hospital, you might need to:



- Change your **routine** - what you usually do each day and when you do it.
- Ask for help with the different things you need.



Health care

Make sure you take more care of your health.

This will help you get better and not have to go back into hospital.

Here are some things you can do to look after your health.



Appointments and treatment

Do your best to go to medical and therapy appointments.

If you can't go to an appointment, ring up and ask to change the time or date.



Tell your GP if you have any worries about your health.



Falls and hazards

If you slip, trip or have a fall, you could get hurt and have to go back to hospital.

Get rid of **hazards**. This could be things you trip over or bump into.



Make sure you have good lighting so you can see where you are going and see any hazards.



Wear shoes that are safe to walk in, so you don't fall over as easily.



Tell people in your support networks if you aren't feeling well.

This might be family, friends or other people who support you.

Infections



This is when you get sick because of germs. It can happen more when you have been sick in hospital.

Here are some things you can do to stay safe from germs so you don't get an infection.



Wash your hands.

Use hand sanitiser.

Clean the surfaces in your home, such as in the kitchen and in your bathroom and toilet.



Open the windows to get fresh air moving around inside your home.

Medication



Always take your medications exactly as the doctor told you.

Keep your medications in a safe place.

Exercises



Make sure you do your exercises. Follow the instructions carefully.

Mental health

It's very important to look after your **mental health** too. This is how you are feeling.



Make sure you tell someone if you are feeling sad, lonely, worried or depressed.



Talk to someone in your support networks such as family, friends or other people who support you at home.



You can also talk to your GP, or a therapist or other health professional.

They will know how to help you feel better.

Finding extra support



You might already have all your support organised before you leave hospital.

But sometimes you might need to find extra support when you get home.

There are lots of different services.

Services can have rules about who they can help.

They might only help people who get money from Centrelink.

You might need a healthcare card.

Or you might need to show the service you don't have much money.

Don't be afraid to ask questions to get the information you need.



Here are some websites to help you find the supports you need



Ask Izzy can help you find support services for things like housing, food, money and health

www.askizzy.org.au

ConcessionsWA

Concessions WA has information about concessions and discounts you may be able to get

www.concessions.communities.wa.gov.au



Disability Gateway has information about supports and services for people with disability

www.disabilitygateway.gov.au



Mappa can help you find health services that are close to you anywhere in WA

www.mappa.com.au



My Services has information about mental health services and alcohol and drug support

www.myservices.org.au



WA Connect has information on community services and emergency relief supports in WA

www.waconnect.org.au

Finding advice



Here are some other organisations that can help you find what you need.

Some can help you to find supports.

Some can help you with information and advice.



Citizens Advice Bureau can help you with legal advice

Call (08) 9221 5711

www.cabwa.com.au



Financial Counsellors Association of WA provides counsellors who can help you with information and advice about money

Call 1800 007 077

www.fcawa.org



Health and Disability Services Complaints Office (HaDSCO) deal with complaints about health, disability and mental health services

Call 1800 813 583

www.hadsco.wa.gov.au



Health Consumers Council can give you advice on your healthcare rights

Call (08) 9221 3422

www.hconc.org.au



Legal Aid WA provides free and low-cost legal advice

Call 1300 650 579

www.legalaid.wa.gov.au



Local Area Coordinators (LACs)
can help people with disability find
services and supports
Call 1800 800 110



Consumers of Mental Health WA
(CoMHW) can refer you to peer
support groups and advocacy
services
Call (08) 9258 8911
www.comhwa.org.au



Council of the Ageing WA has
information, resources and
programs for older West Australians
Call (08) 9472 0104
www.cotawa.org.au

Finding an advocate



An advocate is someone who can help you with a problem.

They will speak up for your rights and what you need. They will help you to speak up too.



You might have a family member or friend who can be your advocate.

You can also get a professional advocate.



Ask Izzy can help you find a professional advocate in your area
www.askizzy.org.au