



Things to consider when going home

When you get home will you be able to:

- Wash and dress yourself?
- Climb stairs or steps?
- Lift heavy objects/reach inside kitchen cupboards?
- Move around your home safely?
- Take walks/exercise?
- Stay connected to family and friends?
- Drive a car?

Do you need to think about?:

- Whether you'll need someone to stay with you.
- If you need help to get to the toilet.
- Help with shopping, housework, or laundry.
- Help with preparing meals, eating and drinking.
- Help to walk from the kerb to your front door.
- Removing trip hazards, eg securing rugs, moving furniture and having adequate lighting.
- Help with managing and taking your medicines (further details below).
- Paying bills and how you will access your money.
- Help to continue with social activities, hobbies, and other things that you enjoy doing.
- Help with your pets.

Think carefully about if and how family and friends can help.

Consider?:

- How your family or friends can assist you and if they need any additional training.
- How much time might family or friends be able to offer – it's important to be realistic about this, so you can get extra help arranged if you need it.