

Preparing for Your Discharge from Therapy in-Reach at Ronald Gibson House

This leaflet explains more about preparing for your discharge.
If you have any further questions, please speak to a member of staff caring for you.

The estimated date of discharge is

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You have been given this booklet to assist you with preparing for your discharge from Ronald Gibson House Therapy in-Reach service.

You will be discharged from Ronald Gibson House when you are assessed as being well enough to return to the community, although you may not be back to full health.

Sometimes you may need extra support or changes to your home.

You may find it hard to see past being in hospital to being discharged. The information below may help prepare you for leaving the ward and support you when you are back in your community.

Common Concerns

When you start to plan returning home after being in hospital, you may be worried about:

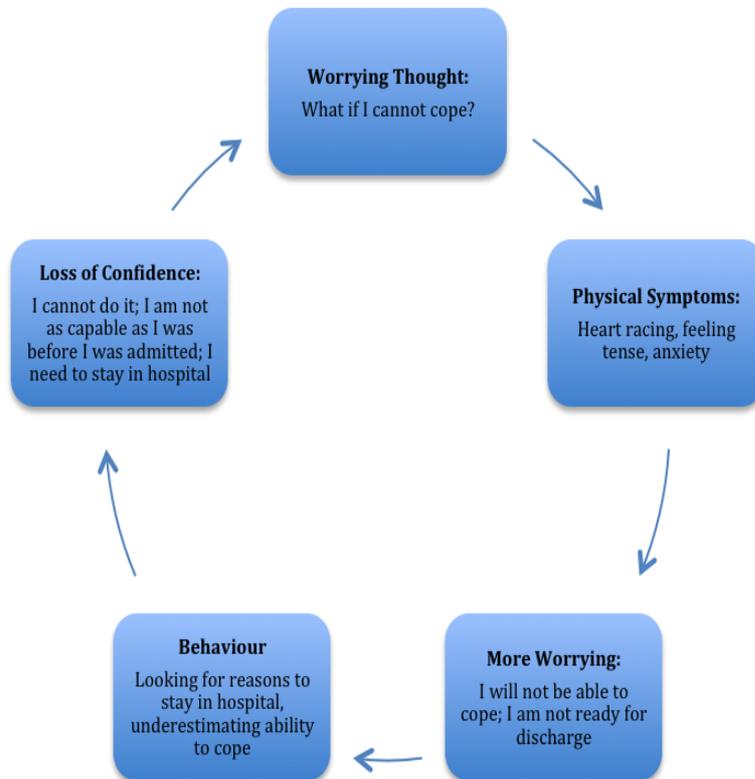
- What happens after hospital?
- Being on my own or being lonely
- How will I cope?
- Who can I turn to for help?
- I don't think I am ready for discharge
- I don't want strangers coming into my house, such as carers
- I don't want to be a burden to my family
- What if I need to go back into hospital?

Lots of people worry about being discharged after being in hospital, but most people manage the transition well with the support of other services and of family and friends if needed.

The worry cycle

You may find yourself getting caught up in a 'worry cycle', which can have a negative impact on your quality of life and may make it harder for you to leave hospital.

Your worry cycle may be something like this:



Top tips for managing your worries

Connect with the people who are most meaningful to you

Stay in contact with significant people in your life while you are in hospital. Keep them updated on when you will be leaving hospital and try to think with them about how they can support you.

Stay focused on positive things

Try not to say negative things to yourself like "I can't do that" or "I'm too old". Saying negative things to yourself (negative self-talk) makes you feel more stressed and overwhelmed. Instead of thinking about what you cannot do, or feel you cannot do, remember what you **can** do.

Remember stressful events that you have coped with in the past

You have overcome difficult events in your life and have the skills to manage obstacles in your way. Repeat what has worked for you before and focus on your previous successes.

Learn to use relaxation techniques

Relaxation can help calm your mind and reduce any muscle tension caused by anxiety. Ask a member of staff for more information.

Contact us

If you have any questions or concerns about your discharge from the Therapy in Reach service, please contact the team on 020 8812 3424 (Monday to Friday, 08:30 am to 5pm).

Additional support

You may already have the support you need in place for when you are discharged or you may need help accessing services to support you.

It can sometimes take a while for any services for which you apply for to be put in place, so try to start thinking about the support you may want or need at home **before** you are discharged.

The support available depends on where you live. The following support is available in Wandsworth and Merton.

Wandsworth day centres

50+ Restart **020 8785 2142**

An advice, activities and support group that meets on Mondays.

91-93 Moysers Road, SW16 6SJ

Balham Autumn Rose Club **020 8673 9724**

An over 60s lunch club that takes place every Tuesday.

83 Elmsfield Road, SW17 8AD

Hollybourne Day Centre **020 8785 6314**

A specialist day centre for people with dementia or memory difficulties.

Hollybourne Avenue, SW15 4JD

Wandsworth Wellbeing HUB **020 3880 0366**

A free service supporting over 55s to manage their health and wellbeing and live independently.

Wandsworth Befrienders

Battersea Befriending Network **020 8947 5788**

Age UK Wandsworth **020 8877 8957**

Offers a wide range of services that aim to improve the quality of life for people aged 60 plus living in the London Borough of Wandsworth.

549 Old York Road, SW18 1TQ

Merton day centres

Commonside Over 55s Lunch Club **020 8764 9582**

A community centre which holds activities every Monday with transport available.

New Horizons Centre, South Lodge Avenue, Pollards Hill,
CR4 1LT

The Wimbledon Guild **020 8946 0735**

A service which provides a range of monthly activities. A monthly guide can be downloaded from <http://www.wimbledonguild.co.uk/activities.html>.

Eastway Day Centre **020 8274 5755**

A day centre for older people held Monday to Friday 9:00AM – 3:30PM.

44 Eastway, Morden, SM4 4HW

Age UK Merton Lunch Club **020 8648 5792**

A lunch club that takes place Monday to Friday.

Elmwood Centre, 277 London Road, Mitcham, CR4 3NT

Merton Befrienders

The Wimbledon Guild Befrienders **020 8946 0735**

A service for older people living on their own who find it difficult to get out.

Wimbledon Guild House, 30/32 Worple Road, SW19 4EF

Age UK Merton **020 8878 8100**

A befriending service for older people covering Barnes, Mortlake and East Sheen.

Barnes Green Centre, Church Road, SW13 9HE

Other useful sources of information

Dial-a-Ride **0343 222 7777**

If you are disabled and can't use public transport, you may be able to use this free door-to-door service.

Wandsworth Watch **020 8871 8394**

An emergency home response alarm service for older people provided by Wandsworth Council.

Mascot Telecare **020 8274 5940**

Pendant alarm system for Merton residents.

National helplines

Silverline **080 0470 8090** 24 hours a day, 7 days a week

telephone support for older people.

Age UK **080 06781 174**

Advice and support for older age.

Samaritans **116 123**

24 hours, 7 days a week telephone support for whatever you may be going through.

National Careline **0800 0699 784**

Information about care and support for older people and their families.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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