

Hospital Discharge

Carers have a right to be involved in the hospital discharge process of the person they are or are going to be caring for

The Carers (Scotland) Act 2016

The hospital has a duty to involve you in the discharge of the person you care for.

Have a conversation about what support and help the person you care for will need when they leave hospital. You may be required to attend a discharge planning meeting where a variety of staff, you and the person being discharged can attend.

You can give your views about the discharge and how it may impact on you.

These discussions may be in person or over the telephone to arrange the details of when and how the discharge will take place.

For more information visit:
www.legislation.gov.uk
and search Carers (Scotland) Act 2016

From April 2018 local health boards have a duty to involve Carers, including Young Carers in discharge from hospital when:

- The person being discharged is likely to require care following discharge.
- The Carer can be identified without delay.

This applies for planned or unscheduled admissions.

Get involved as early as possible

Get information about when and how the discharge from hospital will happen

Ask questions, tell the hospital you are the Carer

Think about how it will impact on you

Questioning Decision-making Campaigning Empowering

If the person you are caring for is admitted to hospital, the health board must take appropriate steps to:-

Inform you as soon as it can about when the person you care for is to be discharged;

Invite your views about the discharge; and take your views into account when planning the discharge (as far as 'reasonable and practical').

You must be involved in the discharge process whether the person you care for is going home or somewhere else, e.g. a care home, another hospital etc.

The health and social care professionals should begin a conversation with you as soon as possible. Early conversations may help plan for appropriate support following discharge.



Hospital discharge checklist for Carers

Speak to hospital staff and let them know you are the Carer and how they can contact you.

Speak to the person you care for to get consent to discuss their care with staff.

Ask questions and have discussions about the hospital discharge.

Let staff know what caring you are able and willing to do when your relative comes home

Think about how you will cope with any changes in your caring role and if you need an Adult Carer Support Plan or a Young Carer Statement

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