



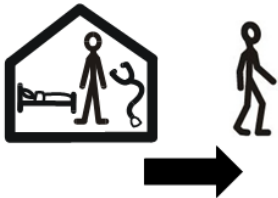
**This easy read is about;**



## **Going into hospital**



If you are going into hospital you may need thing about extra support to help you get better or to live at home independently when you leave.



## **What help might I be able to get?**

When you leave hospital you can get help and support with tasks such as:



- Collecting prescriptions

- Shopping



- Help with some domestic jobs such as laundry.



- Getting your home ready before you leave hospital.



## Who can I talk to about support when I leave hospital?



You can speak to the hospital social work team

or

you can speak directly to the schemes in Bassetlaw, Newark and Sherwood.



### **Bassetlaw:**

**Phone:** 01909 484 437

### **Email**

[Nottinghamshirehub@royalvoluntaryservice.org.uk](mailto:Nottinghamshirehub@royalvoluntaryservice.org.uk)



### **For Newark and Sherwood:**

**Phone:** 01623 883311

**Email:** [sue@careandcomfort.org.uk](mailto:sue@careandcomfort.org.uk)



## Support options



### Home from Hospital food packs

We can deliver your shopping along with your first hot meal.

This is to help you during the first few days at home.

See our leaflet:

[home-from-hospital-hamper-scheme.pdf](https://www.nottinghamshire.gov.uk/home-from-hospital-hamper-scheme.pdf)  
([nottinghamshire.gov.uk](https://www.nottinghamshire.gov.uk))



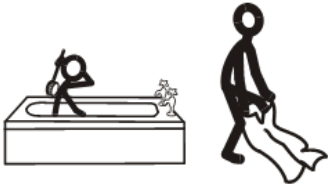
### Assessment beds

You may have been ill or had an operation and are now fit enough to leave the hospital.



Sometimes you may still need some support before you can return home.

Assessment beds offer you short-term support, usually in one of our care and support centres.



During your stay, you will get support with dressing, washing and any other tasks you're struggling with.



As your strength comes back, we will gradually reduce your support until you are ready to go home.



If you are unable to return home we will work with you to think about other options, such as going to live in extra care or residential care



## Intermediate care

Like an assessment bed, intermediate care also supports you after an illness or an operation.

This service is provided together with health.



The team will work with you to help you recover your independence.



## Care and support assessments



You will need an assessment to check if you can have a service from the council and to find the right support to meet your needs.



The webpage below is not in easy read.

If you need help to use the website please ask someone who supports you



**For more information about going into hospital visit our webpage:**

[Going into hospital | Nottinghamshire County Council](#)

