

Community Services Following Discharge from Hospital for Patients with Life Limiting Conditions, their Families and Carers



This leaflet aims to explain the services available to you at home, if you need them. The ward team will discuss with you and your family to assess what services you need and the ward will



organise these before you go home. These services can still be arranged when you are at home if required.

General Practitioner (GP) ☎ _____

GPs will deal with any medical conditions that may occur when you are at home and are available for medical advice and support. They can refer onto other agencies or hospital consultants. They will also make any changes to your medication as needed.

District Nurses ☎ _____

District nurses work closely with your GP. The ward team or another health care professional may arrange for them to visit you at home after your discharge from hospital. The district nurse's role is to assess your health care needs and provide support and advice to you and your family. If appropriate, they can arrange equipment for you and, or they can refer you to other services if needed. They will help you to manage any symptoms such as pain, nausea, constipation. They are skilled community nurses and can provide all the care that you will need to support you at home.

Role of Home Care Services ☎ _____

They can help you with personal care, preparing meals and supervise you taking your medicines. They can attend up to a maximum of 4 visits per day depending on your needs. On occasions, you may need an overnight visit to help with toileting and skin care. Additional home care can be arranged to assist with housework and shopping if you need this.

Marie Curie Fast track service ☎ _____

This service is available in the Glasgow City council area only and is for patients with more complex needs. They will support you on

discharge from hospital for up to a week and will assist you with personal care, preparing your meals and supervising you taking your medicines. They attend alone or alongside a home care package and will provide a combination of carers up to 4 times a day.

Marie Curie Overnight Service ☎ _____

Your district nurse can arrange this service. Marie Curie can provide care during the day or overnight from 10pm - 7am. This is an additional support for patients and their families who are very poorly at home and are in the last days or weeks of life.

Community Palliative Care Services

You may be referred to community specialist palliative care services if you have issues controlling your symptoms or need further emotional support for when you leave hospital. This may be with a nurse who visits you at home (sometimes people describe these as Macmillan nurses. However they may be funded and based at your local hospice). Or you may have an out-patient appointment (online or face to face) at your local hospice. The staff will discuss this with you in hospital or your GP or District nurse can arrange this once you are home.

Your local hospice is: _____

Improving the Cancer Journey Team

If you have been diagnosed with cancer, you may be referred to the improving the cancer journey team who can help you in accessing any benefits that you may be entitled to, housing issues and other practical support. Their telephone number is: ☎ **0141 287 7077** or national number ☎ **0808 8080000**.

Support and Information Service for Those with Long Terms Conditions (such as Heart Failure, COPD, Dementia and Cancer).

This service provides information on benefits and other practical support. ☎ **0141 531 9127**. They will signpost you to local services if you live outside Glasgow city.

Other Useful Numbers and Websites

Do you need any further information or support to help you with your caring role?



Carers information line ☎ **0141 353 6504**

🌐 <https://www.nhsinform.scot/care-support-and-rights/palliative-care>
www.nhsggc.org.uk/carers

Social care direct (Glasgow City Council only): ☎ **0141 287 0555**

Who to Phone and When



- If you are feeling medically unwell, then phone your GP for advice.
- If it is an emergency then call ☎ **999**.
- If you develop any new or changes to your symptoms then call your GP and, or community palliative care team (if applicable).
- If you need an injection to manage your pain or other symptoms and have the injections already in the house, then phone your district nurse.
- If your care needs are changing and are struggling to manage at home, please contact your local social service.

Comments and Suggestions

We welcome comments and suggestions about any aspect of your attendance at the hospital. Please speak with a member of staff or you can use our online feedback system.

🌐 www.nhsggc.org.uk/patientfeedback

You can also comment on Care Opinion

🌐 www.careopinion.org.uk

