

Your stay in a short-term community bed

What is a short-term community bed?

A short-term community bed is also known as an "intermediate care" bed. It can be in a community hospital, a residential or a nursing home. Where you are will depend on which place is best able to meet your needs.

Your stay here will help you to:

- ▶ Recover
- ▶ Rehabilitate
- ▶ Have any required assessments
- ▶ Plan your next steps.

Read on to find out more about: preparing to leave, getting you home first; what we mean by reablement; and the Home First service.

At the back of this leaflet, you will find useful signposting about paying for care and other support available to you.

where

best

next?



Preparing to leave

As soon as you arrive in a short-term community bed, we will start to plan your next steps with you and those important to you, working closely with you to achieve your goals.

This will include assessments about your health and care needs, how you managed previously and what support you may need, if any, going forward.

The team working with you during your journey may include therapists, reablement assistants, registered nurses, adult social care practitioners, discharge co-ordinators and others. They will work together sharing relevant information with each other, with you and where you agree, with those important to you. They will review your circumstances regularly to make sure you are leaving the short-term bedded setting to the right place, at the right time, with the right support. Anyone working with you should explain their name, role and the way in which they can support and advise you.

We will try and get you home first

We know that people recover better at home than in a short-term community bed. Making sure that people are given the chance to continue their lives at home, in a familiar environment, is vital for their long-term wellbeing.

Staying in a short-term community bed for longer than is necessary has a negative impact on how well people recover.



There are sometimes things that can help you get home more quickly, like asking those important to you to move furniture around to make space for new equipment or buying small things like a key safe to allow care staff to support you in your home. If you can't get home, there are a range of options available, which could include temporary accommodation, sheltered or extra care housing, a residential or a nursing home. This may be self-funded or funded by the local authority depending on your circumstances. You can find out more about where to get support paying for care on the last page of this leaflet.

At each step of your journey, you will be provided with information, advice, and guidance to help you to make the right decision.

Reablement during your stay

Reablement is the care and support which helps your recovery from injury, illness, or a long stay in hospital. Reablement will take place following an assessment, advice, guidance, and a self-led exercise program where we think this would help you. This will support your independence and quality of life by:

- ▶ Building your strength and confidence.
- ▶ Supporting you to find new ways to do things.
- ▶ Using equipment and assistive technology.

So you are as independent as possible, we will support you to keep moving and do things for yourself.

If you need Reablement once you leave the short-term community bed, those working with you will talk to you about this.

Care at home: Home First Service

Our Home First service, and our Reablement at Home service are short-term services that may support you once you leave the short-term community bed, if this is something you are assessed as needing. You will be advised when this short-term support is ending and if you need to pay for ongoing support.

Home First will provide the care you need to help you continue your recovery, supporting you to live as independently as possible. Support may include assistance with washing and dressing, preparing meals and accessing the community. You will gain access to a therapy assessment, and if you need to continue rehabilitation, the reablement at home team will help you to improve your mobility and balance so you can access your environment safely.

Together we will support you to be in control of your choices and to maintain your independence. We will ensure that you are referred on to any specialist care if this is needed.

Paying for ongoing care

We recognise that paying for care following a stay in a short-term community bed can be a source of worry. During your stay, we will talk to you about paying for care, providing information, advice and guidance that is relevant to you at the right time. In the meantime, you can find out more about paying for care from Gloucestershire Adult Social Care by visiting: www.gloucestershire.gov.uk/paying-for-care-and-support or calling **01452 426868**.

You can get independent advice about paying for care via the Care Advice Line for Gloucestershire by visiting: www.thecareadviceline.org/gloucestershire or calling **01452 222200**.

Useful links

If you are an informal carer (you are an unpaid carer for someone), or if you are supported by an informal carer, there is help and support available via Gloucestershire Carers Hub on: **0300 111 9000** or visit: www.gloucestershirecarershubs.co.uk

For more helpful information please visit Your Circle at: www.yourcircle.org.uk

Use this space to record contact details for key professionals and services supporting you in your journey.
