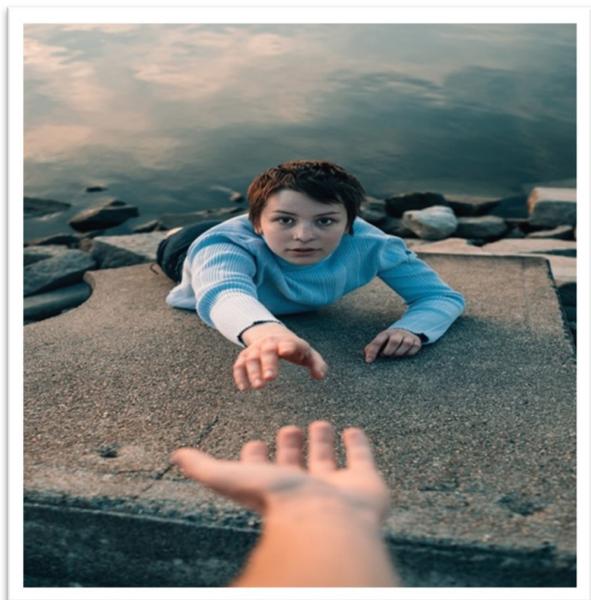


# Supporting people with learning disabilities to leave hospital





Sometimes a person's discharge from hospital can go wrong.

The decision is quick, and it is difficult to plan for care and support.



There can be problems with no services being booked to support us at home.

We may get people to support us who do not know how to talk to people with learning disabilities or autism.



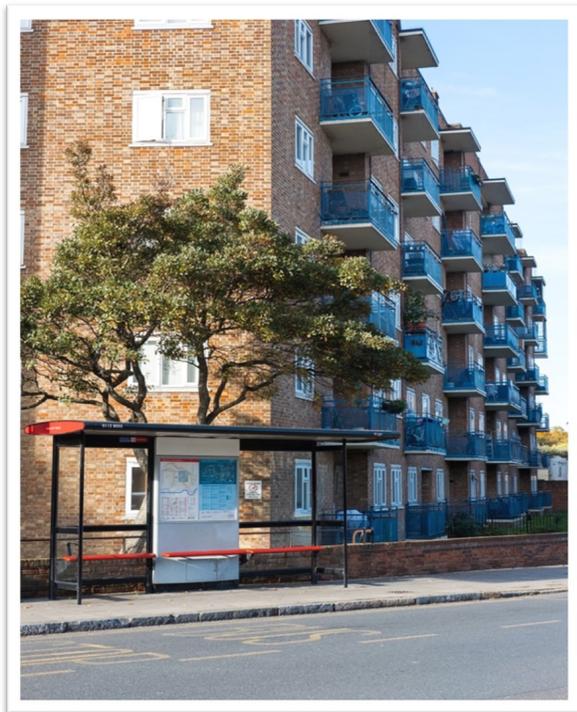
Sometimes, people are not discharged when they are ready to leave hospital as there is nowhere for them to go home to.



Our circle of support may not know we are coming home.



When deciding what is best, ask us: 'Is the right support in place?'



Before we leave hospital, we need people to:

- listen to us;
- help us to be ready to go home;
- include the people important to us in planning our support.



Let me know who to contact if I need advice or to let people know something is not right.

## Going home

Help me get home. Don't just dump me.

Let people who support me know I am coming home.

## Being at home

Is there advice to help me stay well?  
For example:



- help with physical health;
- help with getting around;
- help to get washed and dressed;
- help with medication;
- help with worrying thoughts;
- help to use coping strategies.



Give names of people or organisations we can talk to.



Give us a badge to help us to explain to others about hidden disabilities or not being able to wear a face mask.



Give us someone to talk to, so that we can stay safe and make good choices.



Give us an Easy Read Discharge Planner.



Tell us what to do if we are not happy with our care and discharge plan.

This discharge booklet was made by

- the Mindapples group at the Estia Centre;
- colleagues from London South Bank University.

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