

Groundswell

Out of homelessness



What you need to know about hospital discharge

When you go to the hospital to get help and you're experiencing homelessness, there are some key things you should do and ask to make sure you are safely discharged (this is when you are allowed to leave a hospital after treatment).



When you are first assessed, tell your healthcare professional you are homeless.

Please check your healthcare professional has:

- The correct address for you (even an address where you can have letters sent)
- Your GP details
- Information on if you will have a follow up appointment once discharged and if this can be given to you before leaving the hospital.

Tell your healthcare professional if you think you will need support with any day-to-day activities when you leave hospital, such as:

- Getting up or down stairs safely or moving around your accommodation.
- Shopping and/or cooking.
- Dressing and/or laundry.
- Personal hygiene (e.g. getting in and out of a bath or shower).
- Finances and budget management.
- Cleaning of the property.
- Remembering, and getting to, appointments.
- Taking and storing medication (e.g. do you need a fridge?).



This information will help them with their HRA (Homelessness Reduction Act) referral and planning a safe discharge for you. We know it can be difficult to ask for help, especially when people are busy, but you have the right to good healthcare and a safe hospital discharge.



Socials: @itsgroundswell
www.groundswell.org.uk

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