

# Help and support available when leaving hospital

## What support is out there when leaving hospital?

If you're currently in hospital, it's natural to feel concerned about what will happen when you're discharged and what kind of support you'll have. Remember, your health and recovery are the top priority, and you won't be discharged until your doctors are confident you're ready.

If you've been an in-patient, the hospital is responsible for creating a discharge plan before sending you home. This involves a needs assessment to determine the level of care you'll require to live safely at home. A hospital social worker will coordinate this, along with your local council's social services, who will take over responsibility for your care after six weeks.

The support you receive after leaving hospital depends on your specific care needs. You can find more details on the [Turn2us website](#).

## What benefits might be available?

If you're struggling financially while in the hospital or after being discharged, you may be eligible for certain benefits. To find out what support is available, use the [Entitledto calculator](#). This simple ten-minute tool will provide an overview of the benefits you may qualify for:

- [Sick Pay](#) - if you're too ill to work, you can receive Statutory Sick Pay (SSP). This is £116.75 paid weekly, for up to 28 weeks.
- [Universal Credit](#) - you may be entitled to this regular benefit to help with living costs
- [Pension Credit](#) - if you're over State Pension age and on a low income, this payment can help with living costs

## What further financial support is available?

Not having an income after an illness can be stressful. However, if you qualify, there are financial support options available.

- You may be able to receive a grant or other help from a charitable fund. To see if you're eligible, use the [Turn2us Grants Search](#).
- [Free Equipment](#) - You may be entitled to free home equipment and adaptations. Each item must cost under £1,000 and can include things such as handrails, intercoms and stools. Find out what you're entitled to by requesting a free home assessment through your local council. If you're found to need adaptations or equipment, the council will provide these free-of-charge. If the hospital gives you any equipment to go home with, such as a toilet surround frame or any walking sticks, these should also be free-of-charge.

- **Attendance Allowance** - helps with extra costs if you have a disability that requires someone to look after you. It's paid at two different rates of £72.65 and £108.55, depending on your disability and the care that you need. You may also be eligible for extra Pension Credit, Housing Benefit or Council Tax Reduction if you get Attendance Allowance. You don't have to have someone caring for you to claim.
- **Personal Independence Payment (PIP)** - a payment to help with extra living costs if you have a long-term physical/mental health condition or disability and difficulty doing certain everyday tasks because of your condition. PIP is not means-tested, and you can receive it even if you're working, have savings and are receiving benefits.

## Take care of your mental health

Your physical health can have an impact on your mental health. Being unwell can be an isolating time - hospitals have limited visiting hours, you may struggle with sleep due to pain and you may feel frustration due to not being as active as normal.

[Every Mind Matters](#) has put together a self-care guide to provide tips on looking after your mental health if you're physically unwell. We also recommend speaking to a healthcare professional too if you need some extra support.

## Other types of support available

If you're recovering from an illness or have an ongoing illness, you may need further help with your day-to-day life or recovery journey.

If you don't feel up to cooking or cleaning, you may benefit from hiring a cleaner to visit your home or a service that provides meals-on-wheels. You can also order your shopping online if you don't feel up to making a trip to the supermarket.

Support from people who have experienced similar health challenges can be beneficial. Some organisations offer group therapy or peer-led meetings, especially for long-term illnesses such as cancer.

Picking up your medications can be daunting if you don't feel well enough to venture out - many pharmacies offer home delivery services for medications and your doctor may offer home visits too.

**Remember, if you're unable to keep up with repayments, our team are here and ready to help**