

Coming out of hospital

If the person you care for is in hospital you may be faced with important decisions. You may be considering taking on this caring role for the first time and don't know what to expect. Or you may have already been caring for the person, but their needs have now increased or changed.

One important thing to remember is that it is your choice, think about the type and amount of support you are able to provide and what help you might need. For example, you may be able to help with shopping and meals but feel that you would both like someone else to help with personal care. It is important for you to consider how your caring role is likely to affect your life and wellbeing. Each hospital will have its own discharge policy based on guidance from the Government. You can request a copy of the hospital's discharge policy from the ward manager or from the Patient Advice and Liaison Service (PALS) department of the hospital.

Discharge planning starts as soon as the person you care for is admitted to hospital. It is important to let the hospital staff know as early as possible if you are a carer or thinking of taking on the role. A discharge coordinator (or ward care coordinator) should be available to coordinate the planning process. They will act as a key person for you to contact to find out what the discharge plans are.

For more information go on to the carers uk website.

HAPPY NEW YEAR

With the new day comes new strength and new thoughts.

~Eleanor Roosevelt

ARE YOU CLAIMING?

You may be able to claim financial and practical help with heating your home. Grants available include the [Winter Fuel Payment](#) and the [Cold Weather Payment](#).

HOW TO KEEP YOUR HOME WARM

If you're not very mobile, are 65 or over, or have a health condition, such as heart or lung disease, heat your home to at least 18C (65F)

Keep your bedroom at 18C all night if you can – and keep the bedroom window closed.

During the day the recommended temperature is 21C in the living room.

Nutrition Advice –

The road back to health after flu can be a particularly long one. Help build up your immune system and fight off any lingering effects by placing a bowl of water near a radiator: The water will moisten the air, which will then be easier to breathe, especially for those who develop a secondary infection such as sinusitis, which is a common problem leading on from flu or a heavy cold.

Eat kiwi fruit: Kiwi fruit are an even better source than oranges for vitamin C, which is essential to the immune system. They also contain a supply of B vitamin folic acid, essential for healthy red blood cells.

Ice Clear – Melts Snow and Ice in seconds (600g)



MOBILITY AID FOR THE WINTER

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Melts snow and ice in seconds
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Tel: 0208 903 6333

CARERS GROUP

Come and join us for a cup of tea or coffee and the opportunity to have a chat with other carers in a safe and supportive environment.

First Thursday of every month in our café the Coffee Grind.

Behind the Council Offices in Kiln Road, Benfleet SS7 1TF

USEFUL TELEPHONE NUMBERS

Social Care Direct - 0345 603 7630
Healthwatch Essex – 0300 500 1895
(Mon – Fri 9-5pm)

Essex Advocacy – 0300 34 35 736

Castle Point Council – 01268 882200

Rochford Council – 01702 546366

Maldon Council – 01621 854477

Alzheimers Society – 01268 778959

MIND – 01702 601123