

# Helping you to be more confident and comfortable when returning home from hospital



## **This is a FREE service and helps those who:**

- Are aged 18 and over
- Live in North Yorkshire
- Have been at A&E, had a day procedure or a hospital stay
- May also have NYCC Re-ablement support

## **We can't help those who:**

- Have complex long term care needs
- People who only require respite care

Call the Home from  
Hospital Team on:

**0300 365 4600**

This FREE service can ease a return home, assisting to re-build confidence and independence and preventing hospital re-admission.



**How to refer to  
Home from Hospital**

Telephone our team on:

**0300 365 4600**

Or download a  
referral form here:

[www.carersresource.org/  
hfh-ny-referral](http://www.carersresource.org/hfh-ny-referral)

This can be returned  
by fax: **01423 740 771**

Or email to:  
[hfhny@carersresource.org](mailto:hfhny@carersresource.org)

**Short term support is available, dependent  
on an individual's needs and may include:**

- Support for family/friends who are caring for a person recently discharged
- Liaising with Health and Social Care professionals
- Help to access appropriate services and organise ongoing support
- Essential food provision
- Prescription collection and medication checks
- Telephone support and keeping in touch
- Light household tasks

**We are unable to assist with:**

- Personal care (washing, dressing, toileting, TED stockings); giving/prompting medicines; providing medical care.

