

Your right to be involved when the person you care for is being discharged from hospital

CARERS RIGHTS



Do you provide care for someone?

You may be a parent, a partner, a son or daughter, sister or brother, or friend to someone who needs support as a result of their illness, disability, mental health problem or addiction. If you provide them with help and support to manage their life and they couldn't cope without you, you are a carer. Carers views should be included when the person they care for is being discharged from hospital.

Why is it important to be involved in discharge planning?

You can talk to staff about how things are at home and ask any questions. If the person you care for will need your support after discharge, you can make sure you get details about when and how it will happen so that you can prepare and ensure everything is in place at home, for example making changes to your home environment or understanding any changes to care arrangements.

Hospitals are required to set a planned date of discharge (sometimes referred to as PDD) as soon as they can after someone is admitted to hospital. Planning for a safe and suitable discharge should begin at this point, so the earlier you can get involved and be part of the conversation the better.

Sometimes care needs have not changed and you might be involved by a discussion in person or over the phone. Where care needs or discharge planning is more complex a meeting can be arranged, and a number of different staff might be present. As a carer you should be invited. You have the right to bring a person of your choice (this could be a member of your family, a friend or a support worker) to this meeting.

The health board has a duty to involve you under section 28 of the Carers (Scotland) Act 2016 when; the person being discharged is likely to require care following discharge and the carer can be identified without delay.



What should I do? Checklist for carers

- ✓ When the person is admitted to hospital you should speak to staff, make sure they know you are the carer and tell them how they can contact you. If you are not the legal next of kin or power of attorney this is especially important as staff may not know you are the main carer. Ask them to record this on the person's hospital records to make sure all involved staff are aware.
- ✓ Talk to the person you care for and check they are happy for you to discuss their care and discharge planning with hospital staff. This is important because without permission staff cannot discuss their patient with you.
- ✓ Ask questions at discussions about discharge and let staff know about anything in your life that may impact what you are able and willing to do if the person you care for comes home or moves into a homely setting.
- ✓ Think about how you will cope with any changes in your caring role and if you need an Adult Carer Support Plan or Young Carers Statement*
- ✓ Ask hospital staff to connect you with your local carers centre if you think that might be helpful.

*An ACSP or YCS starts with a conversation about your caring role and what is important in your life. It helps you think about what support could help you. See our leaflet, your right to an Adult Carer Support Plan.

Getting more support

If you need more help getting involved or you need more support for you as a carer after someone you care for is discharged from hospital, please contact your local carers centre.

Adult carers can get in touch with your local carers centre, Carers of East Lothian, by:

Calling - 0131 665 0135

Emailing - centre@coel.org.uk

Making an online referral form by clicking - [HERE](#)

You can also drop in to Carers of East Lothians office which is on the ground floor at East Lothian Community Hospital.

If you are a young person who is caring for someone or you know someone who is a young carer in need of more support, with their permission, you can refer to East Lothian Councils Young Carers service by completing the questionnaire on this page:

www.eastlothian.gov.uk/young-carers