



**University
Hospitals Sussex**
NHS Foundation Trust

Coping at Home

Accident and emergency

Patient information

What is this information about?

You have been assessed in the Emergency Department and are considered medically fit to go home. This leaflet provides general advice and information about support services that can help you.

You might benefit from care at home if:

- Daily tasks like washing, dressing, or getting around are becoming difficult.
- You prefer not to move into a care home.
- You can still move around safely at home, or your home can be adapted to make it safe.

If you are unsure about how you will manage at home, please speak to a member of staff. We are here to help.

What can I do if I am struggling at home?

If things are not improving at home, contact your GP or your local council's social services team. They can assess your needs and offer additional support.

What if I fall and cannot get up?

Call 999. Ambulance staff are trained to safely help people who have fallen.

Do not let anyone try to lift you without proper help.

Recovering at home

Being at home and staying active usually helps your recovery. After a hospital stay, especially a long one, you may feel weaker and less able to manage.

In people over 80, ten days in hospital can cause the same loss of muscle strength as 10 years of aging.

Hospitals also increase the risk of infection. For these reasons we try to avoid keeping you longer than needed.

If you are worried about coping at home, talk to us. We will help you plan the right support.

Memory, confusion and dementia

It is common to become more forgetful with age. This could be due to dementia, but infections and new environments can also cause sudden confusion, especially in older people.

Familiar places and routines often help reduce confusion, which is why many people with dementia do better at home.

If memory problems are affecting your ability to cope, please speak with your doctor.

Managing at home with extra support

Your safety and ability to manage at home are important to us. Some people may need no extra help, while others might benefit from extra support.

Our discharge team can assess your needs. If required we can arrange help through services such as:

- Community therapy
- Falls prevention
- Community (district) nursing
- Adult social services
- Local voluntary support.

We will talk with you about any services that may be right for you.

Tips to stay safe at home

Here are some simple steps to stay safe and comfortable at home.

Do

- ✓ Secure your carpets and remove loose rugs to avoid trips.
- ✓ Improve lighting, especially on stairs and in hallways.
- ✓ Arrange furniture to allow easy movement.
- ✓ Keep your phone nearby and stay in contact with friends and family.
- ✓ Consider using a community alarm system in case you need urgent help.

Support services

Some useful links are provided below, though websites are subject to change and your local council and GP may have more up to date information.

Age UK

Telephone **0800 678 1602**. Information and advice to support older people to live well.

Carers Support

East Sussex County Council: Adult Social Care and Health

www.eastsussex.gov.uk/social-care

Carers Support West Sussex

www.carerssupport.org.uk

Citizens Advice Bureau

www.citizensadvice.org.uk

Telephone **0844 477 1171**. Free information, advice and guidance service for patients, friends and relatives.

Community equipment

East Sussex County Council: Equipment to help at home.

www.eastsussex.gov.uk/social-care/support-to-stay-at-home/equipment-to-help-at-home

West Sussex County Council: Home loan equipment.

www.westsussex.gov.uk/social-care-and-health/support-in-your-own-home/home-loan-equipment

Apetito Meal Delivery

www.apetito.co.uk

Telephone **0808 115 8694**

Red Cross

Provide transport to health appointments and support at home.

www.redcross.org.uk/get-help

For more information, visit the **NHS Social Care and Support Guide** online. www.nhs.uk/social-care-and-support

General advice

For general medical advice please use the NHS website, the **NHS 111** service, walk-in-centres, or your GP.

- The **NHS website** www.nhs.uk provides online health information and guidance
- NHS 111 phone line offers medical help and advice from trained advisers supported by nurses and paramedics. Available 24 hours a day. Calls are free from landlines and mobile phones
- There are walk-in and urgent treatment services at Brighton Station, in Crawley and at Lewes Victoria Hospital
- Patient Advice and Liaison Service (PALS) can be contacted with your comments and concerns, and to provide general support.

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