



## Information for relatives and carers who have someone going into hospital

A carer is someone who looks after or provides support to a family member or friend who is ill, frail or disabled.

It can be a worrying time for you, if someone you are a carer for is going into hospital. It is important that you get the right information and support during their hospital stay, to ensure you and the person you care for are prepared for when it is time to leave hospital. This leaflet tells you where you can find more information and support.

On admission, you should be given a copy of the following Department of Health's guide to help you through your hospital journey: 'Carers and Discharge – A carer's guide to hospital discharge'. This guide will cover what you can expect at the following stages:

- On admission
- Throughout the in-patient stage
- Planning for discharge
- The discharge

If you are not given the guide you can ask for a paper copy. If you have any questions ask one of the nursing staff on the ward.

Alternatively you will be able to find the guide at:  
<http://www.dhsspsni.gov.uk/ec-carers>

The direct link for download is <http://www.dhsspsni.gov.uk/eccu3-2010.pdf>

The patient will be asked for their permission before discussing any relevant information with their relative/carer. If you have agreed to take on a caring role you can expect information and training to support you as a carer. This information and training will form part of the discharge plan. A written copy of all that has been agreed to support you and your relative, will be given to you. This plan will take into account how much time you have to look after your friend /relative, and the support you will need in this role.

Before leaving hospital you should both know:

- How to contact relevant services
- How to use equipment (if needed)
- What treatment will be provided
- What, and how, medication is to be given

For information on Belfast Trust Carer Support Services please contact one of the Carer Co-ordinators:

**Lynne Calvert on 028 9504 6108**

or

**Margaret McDonald on 028 9504 6702**

Alternatively you may wish to visit the Carers Support section of our website:

[www.belfasttrust.hscni.net/carersinformation](http://www.belfasttrust.hscni.net/carersinformation)

There are a range of regional services provided in Belfast hospitals. If the person you care for is receiving treatment in Belfast, but does not live in the Belfast Trust area, you can get information and support locally from your own Carers Coordinator:

<b>Trust Area</b>	<b>Carer Co-ordinator Phone Number</b>
<b>Northern Trust</b>	<b>028 2766 1392</b>
<b>Southern Trust</b>	<b>028 3083 4325</b>
<b>South Eastern Trust</b>	<b>028 9756 5456</b>
<b>Western Trust</b>	<b>028 6634 4163</b>

'Offering to look after a relative on discharge, can be a much bigger commitment, than you realize at the time. Make sure staff tell you what support will be provided outside hospital, to help you in your new role as family carer.'

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