

Hospice in the Weald cares for patients with a terminal illness, and those important to them, in West Kent and Northern East Sussex.

Care is provided completely free of charge across our services, from in-patient care, to support in people's own homes, as well as practical support to help patients live well. We provide care and support which is completely tailored to each person as an individual, to help our patients make decisions that are right for them and their loved ones. Hospice care addresses and minimises physical symptoms as well as looks after the emotional needs of patients and their loved ones.

We need to raise **over £8 million** to provide care and support each and every year.

We're here **not just for patients**, but for their loved ones too.

We are not part of the NHS, and we generate more income from our charity shops than we receive in government funding.

For further information please visit our website:

hospiceintheweald.org.uk or call us on **01892 820 500**



Hospice in the Weald, Maidstone Road,
Pembury, Tunbridge Wells TN2 4TA

www.hospiceintheweald.co.uk

Registered Charity No. 280276
Company No. 1499846



Patient Discharge



For more information please visit www.hospiceintheweald.org.uk



What does being discharged mean for me?

Being discharged from our care doesn't mean that you'll be unable to access care and support from Hospice in the Weald again. It means that at this moment in time we've agreed that you are coping well and have an ongoing plan so do not currently need to access care and support from Hospice in the Weald.

This will have been discussed with you by a health and social care professional from the Hospice.

While being discharged can understandably bring mixed emotions, it also means you'll have the opportunity to spend more time in an environment that is familiar and comforting to you, surrounded by your loved ones and the things that matter most.

We want you to feel in control and empowered to live without our support until you recognise changes that mean you may need our help again. While we may not be regularly reaching out, it's important to know that you have the option to access our services whenever you feel a change in your health and well-being.

If and when you feel you need support, advice or recognise changes in your health or wellbeing please don't hesitate to get in touch.

Being discharged does not mean that you have to wait for your GP or other health and social care professionals to make a referral, you can contact us directly.

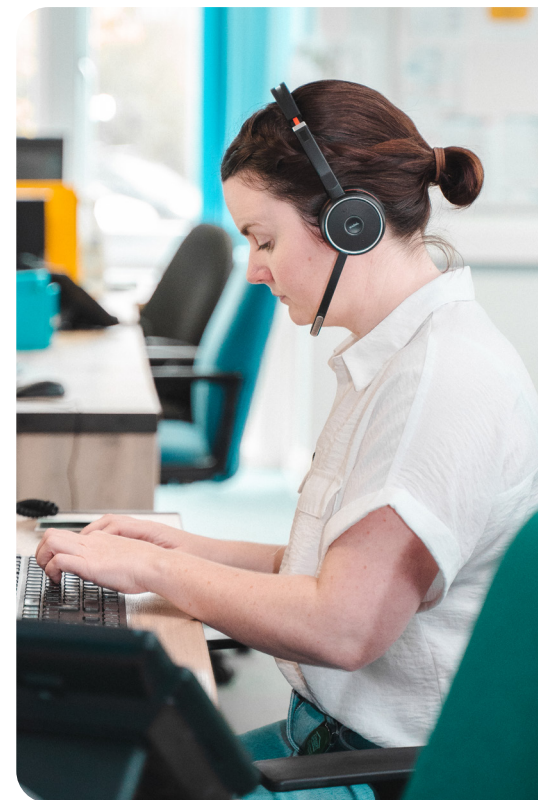
You will be able to reaccess care and support from us when you need it and we can pick up from where we left off with what's right for you now.

What happens if I need help?

When you need support, advice or recognise changes in your health or wellbeing that may be physical, psychological, social or spiritual, please don't hesitate to contact us on **01892 820 515**. Further contact details can be found overleaf.

If you aren't sure what change might look like for you, we've put together several examples of changes, of which we may be able to offer care and support to help you live your life the way you want to.

Your telephone call or email (or that of your loved one) will be taken by a member of our team. This person is trained to listen to your concerns and document the details.



They will pass your information onto someone who will ring you back as soon as we can. It helps if you can give as much information as possible.

When we ring you back we will ask you a few questions to understand how we might best support you. Following this, they will plan with you, the best help for your needs. This might be via signposting to another service, planning a home visit or clinic, or an appointment with the Living Well team.



You can also find advice and information on our **Help Hub**. Visit [hospiceintheweald.org.uk](https://www.hospiceintheweald.org.uk) and click on 'Help Hub'.

What does change look like?

Here we have examples of what changes may look like for you and your loved ones. When you recognise changes in your health or wellbeing that may be physical, psychological, social or spiritual, please don't hesitate to contact get back in touch.

I'm feeling exhausted

I'm not sleeping as well as I used to

I'm feeling increasingly breathless

I feel more nauseous and vomiting

My symptoms such as pain, nausea and fatigue are worsening

I feel more frustrated and angry

I want answers to big/existential questions

I'm finding it difficult to come to terms with what is happening to me

I find myself crying more

I'm not dealing with my emotions well

I'm struggling to talk with my loved ones about what I'm experiencing

I'm struggling to wash and dress

I'm not able to walk as far as I could

I can't move as well

I have difficulty getting in and out of bed

I want to talk about future decisions

I feel isolated and lack confidence

I'm struggling to manage my medication

I can no longer enjoy my hobbies

As a carer I'm struggling to support and care for my loved one

I would like the opportunity to meet other carers similar to me

Get back in touch

If you're recognising changes that are similar to those overleaf then please don't hesitate to get back in touch. We'll be able to advise how we may be able to support you and your loved ones.



Call us **01892 820 515**



Email us care@hospiceintheweald.org.uk

Ways we can help

You'll be familiar with some of the care and support we offer, but are you aware of everything available to you and your loved ones?

Support at Home

The Hospice Outreach Service support patients wherever they call home, including care homes, offering support and advice for symptom management, advance care planning and assessments such as Continuing Healthcare funding.

Living Well

A space where you and your loved ones can get help adjusting to life with a terminal illness and work towards goals through a personalised programme.

Emotional & Spiritual Support

A chance for you and those around you to talk about emotions and beliefs, helping you to come to terms with grief and loss.

Occupational & Physiotherapy

We offer a range of support and practical help to empower you to live life the way you want to. Improving mobility, breathlessness and day to day activities.

In-Patient Care

We have 25 individual rooms across Pembury and Five Ashes, for personalised symptom control and end of life care as well as support for loved ones.