



What is a Ready To Go Home Unit?

Your guide to staying in a Ready To Go Home Unit and what it means for you and your family.

- Get Up
- Get Dressed
- Get Active



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Many people that have been in hospital are well enough to go home but are unable to do so straight away for one reason or another – maybe some small changes need to be made to their home that haven't yet been done, or they may need a carer to help out a little bit and that's not in place yet.

If this applies to you, then rather than staying in a hospital ward, where you can't be as active as you would be at home, your needs will be better met at one of our two specialised Ready To Go Home Units in Powys – either Bronllys or Llanidloes.

These units differ from hospital wards in a number of very important ways.

- People are encouraged to get up and move about as much as possible, to join in with different activities, either alone, or in small or large groups.
- Family and friends are welcome to come and visit at any time – we don't have the restricted visiting hours that hospital wards have, and you are free to go out with your visitors, into the gardens, or even out for a trip into town.

→ So what will happen when you get here?

- We will look at what you were able to do before you came into hospital to make sure we understand how best to support and encourage you to keep moving.
- We will provide you with anything you need to help get out of bed, get dressed and move around.
- We will encourage you to 'Do It Yourself' where you can – the more you can do for yourself here, the more you will be able to do for yourself at home too.

→ Activities

We have a wide range of activities available for people in the unit. Examples include

- Bingo
- Quizzes
- Simple exercises
- Reminiscence and Meaningful conversations
- Music therapy and singalongs
- Crosswords and wordsearches
- Our PAVO Community Connector will also visit the unit weekly to speak with people and signpost them to other services that will help them





→ Mealtimes

We encourage everyone to come together for meals at the dining table. Being active and social are two important parts of daily life and mealtimes can be a great way to meet each other and discuss anything you like!

We don't have 'protected meal times' like some hospitals do and your family is welcome to join us during meal times.

→ Visiting times and helping out

Unlike on hospital wards, we do not have limited visiting hours – your friends and family are welcome to come at any time.

They can bring activities for you to do together, they can join in in the activities that we organise as well.

They are welcome to join you at mealtimes.

They are even welcome to take you out for the day – we can lend any equipment you may need to make things easier for you such as a wheelchair or walking frame.

Equally we encourage the use of digital devices for video calls with friends and family and you can either bring your own or borrow ours.

→ When will I be able to go home?

You are coming to the Ready To Go Home Unit because you **ARE** ready to go home. As soon as everything is in place for you to do so, you can. Each person's circumstances are different, so the reason they are here will be different, but might include reasons such as:

- Your home needs some small changes to help you – maybe a grab-rail, or some other changes that haven't yet been carried out.
- You may need a 'care package' – arrangements for someone to come in to help with a few basics and this isn't yet set up for you.
- You may be waiting for a residential bed.

Once these are in place for you, you will be able to go home.





→ Myths ←

Patients should stay in bed because they will get better if they rest

It is not safe for patients to get out of bed

Patients are not supposed to wash or dress themselves



→ Facts ←

Staying in bed for too long, not getting up and about, and not trying to wash and dress your-self can mean you may struggle to get back to your normal.

Research shows that bed rest is not a good way to recover from many illnesses or injuries and may generally make your recovery time longer.

Staying in bed and not moving can lead to other problems:

- It can affect your breathing, in a way that when you restart walking it can make you out of breath sooner and can also predispose you to blood clots in the lung
- Your skin could break down and become sore
- Muscles may lose strength and you can get weaker and feel tired more easily
- You may lose independence, for example the ability to wash and dress yourself
- You might not be able to digest food properly causing stomach ache or constipation You may get confused
- You may lose self confidence
- Remember, everyone makes progress at their own pace!

Although there can be risks with moving around, staying still and in bed can be much more detrimental to health and well-being.





→ Useful information

PAVO Community Connectors Service:

01597 828649 / community.connectors@pavo.org.uk

Your local Community Connector will be present on the unit on set days.

They can:

- Listen to you and understand 'what matters'
- Help you to access local services and make sense of what is available
- Connect you with groups and activities in your area
- Work with you and your family
- Put you in contact with many 3rd sector organisations including British Red Cross: Powys Support at Home, Age Cymru Powys, Credu (Carers), Care & Repair Powys, Citizen Advice Powys, Powys Befriending Service and many many more

Ask to speak with the Community Connector when they are on the units.

The Money Advice Team:

**For assistance, contact 01597 826618 or via
wrteam@powys.gov.uk**

The Money Advice Team provides guidance on budgeting, debt management, benefits maximisation and financial support options.

Citizens Advice Powys:

0345 6018421

Citizens Advice Powys is open to callers from Powys, on Tuesday, Wednesday and Thursday from 9am until 3pm. If you leave your details and a short message they will return your call. For text relay service please use 18001 08082 505720

You can also use their online form at www.powyscitizensadvice.org.uk or visit your local outreach session with us.

They provide free, confidential, impartial and independent information and advice on a range of matters including:

- **Benefits**
- **Debt advice**
- **Energy advice**
- **Work**
- **Consumer advice
and more**





→ Contact Details

Llanidloes

Ready To Go Home Unit

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Bronllys

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