

Staying well after your hospital stay

Older Persons Short Stay Unit (OPSSU) and Frailty Assessment Unit (FAU)

Information for patients and carers

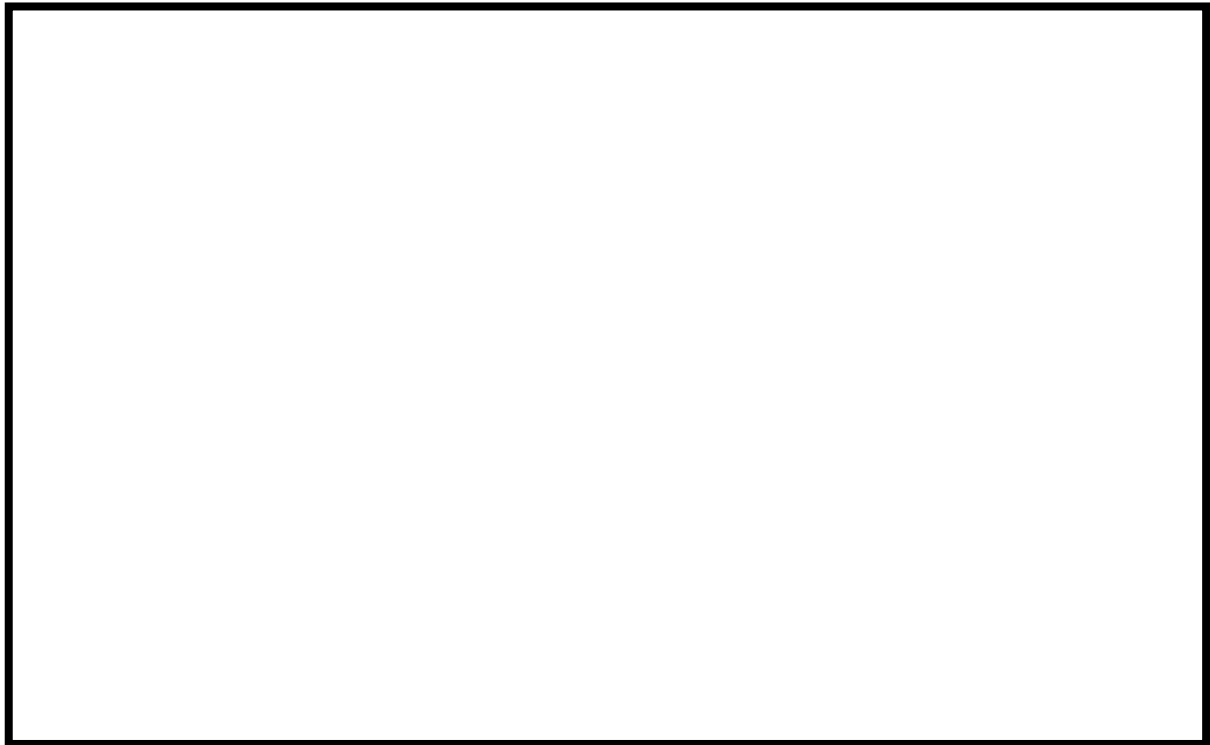
• Home • Community • Hospital
Caring for you

We are pleased you're ready to go home. This leaflet gives you information to help you stay safe and well after leaving hospital.

Follow up

If you have been registered onto our Acute Frailty Virtual Ward, you will receive the contact details separately.

You can write any other follow-up appointments or contacts here:



When to get help

Contact your GP or community team if you notice:

- increased confusion or sleepiness
- new or worsening weakness
- dizziness, falls or unsteadiness
- eating or drinking less than usual

Phone **111** if you're unsure what to do.

Phone **999** in an emergency, for example:

- a serious fall,
- chest pain
- sudden difficulty breathing

Urgent Community Response Service – Warrington

The Urgent Community Response (UCR) Service is a team of nurses, therapists and social care staff. They can help you stay well at home.

They can visit within 2 hours if you become unwell or need help after leaving hospital.

- Available: 8am to 8pm every day.
- Phone: 01925 444220

Understanding delirium

What is delirium?

Delirium is a sudden change in thinking, attention, or awareness. It can happen during illness or after a hospital stay.

It can last up to 6 months, with good days and bad days.

Common signs:

- confusion
- agitation
- feeling sleepy
- difficulty focusing
- difficulty remembering things
- seeing or hearing things that aren't there

What you can do:

- keep routines simple and calm
- make sure you eat and drink well
- use glasses and hearing aids
- keep rooms well lit
- stay in familiar surroundings
- contact your GP or 111 if symptoms get worse

Preventing deconditioning

After a hospital stay, it is easy to lose muscle strength, balance and confidence.

Tips to stay active:

- try to get up and move every hour during the day if you can and it is safe

- continue the exercises shown by therapy staff
- eat and drink regularly
- set small goals, such as walking to the kitchen
- do a little amount of activity often

Preventing falls

At home:

- remove trip hazards such as rugs, clutter and wires
- use good lighting, especially at night
- wear supportive, well-fitting shoes
- take your time when getting up
- check your medications

Some medicines can cause dizziness. Ask your pharmacist or GP if you are unsure.

Using your new mobility aid

If you've been given a walking stick, frame, or rollator:

- always use it as shown by the therapist
- keep it nearby when you stand up
- do not lend it to others – it is fitted for you
- check rubber tips regularly for wear