



Speak-up ADVOCACY GUIDE

SOLVING EVERYDAY
ISSUES AND BEING YOUR
OWN BEST ADVOCATE



Leaving hospital – understanding your options

After a stay in hospital it's important to know your options when you are ready to leave.

Hospital staff may be concerned about your ability to manage at home without help while you are returning to good health, or think it is unsafe.

This may mean that they will present moving to a nursing home or aged care facility, as your option when leaving the hospital.

What can I do?

As a patient, it is your right to have your choices recognised and respected.

You do not have to make a permanent move into a nursing home or aged care facility when you leave hospital if you do not wish to do so.

You can return home. But you might need to organise some extra help at home.

Talk to your family, friends or support people and let them know your wishes. They can help you make your wishes known.

Arrange for support at home

Each hospital has social workers or community workers available. Ask to speak with the social or community worker to talk about options for support at home. These are some options to discuss.

- If you are already getting care at home, ask the social or community worker to get in contact with your care provider about getting extra care.
- For older patients, hospitals have transition care programs available where short-term home care and rehabilitation can be organised for patients who have been assessed as needing help after leaving hospital.
- If you have a disability, and are under 65, you may be entitled to receive disability support through the National Disability Insurance Scheme (NDIS). Ask for help to make an access request and getting a support plan in place.
- The Queensland Government Community Support Scheme (QCSS) provides support to people who, with a small amount of assistance, can maintain or regain their

YOUR OPTIONS

ARRANGE
FOR SUPPORT
AT HOME

OR

SHORT-TERM
CARE

OR

AGED CARE
FACILITIES
OR NURSING
HOMES

independence, continue living safely in their homes, and actively participate in their communities. You may be eligible for the QCSS if you are under 65 years old (or under 50 years old for Aboriginal or Torres Strait Islander people) and are not eligible for the NDIS.

Phone: 1800 600 300. Email: QCSSaccesspoint@ozcare.org.au

Short term care

You may also be able to move into a residential aged care facility just for the short-term. This is known as respite care. If you already have a care provider you can talk to them about this, or ask the hospital social or community worker about options.

Aged care facilities or nursing home options

If you decide the best option for you is to move into a residential aged care facility, you may be able to choose which facility you want to live in based on your needs. You do not need to accept the first option presented to you.

If you are not happy with the facility that is presented to you, ask what other facilities you can look at.



ADA
Australia
*Your aged and
disability advocates*

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