



*Speak-up*  
ADVOCACY GUIDE  
SOLVING EVERYDAY  
ISSUES AND BEING YOUR  
OWN BEST ADVOCATE



## What to do when you are ready to leave hospital

**ADA Australia**



**Easy English**

## Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**
- we write what the hard word means.

## You can get help with this book



You can get someone to help you

- read this book
- know what this book is about



- find more information.



## About this book

This book is written by Aged and Disability Advocacy Australia or ADA Australia.



ADA Australia gives support to

- people with disability

and



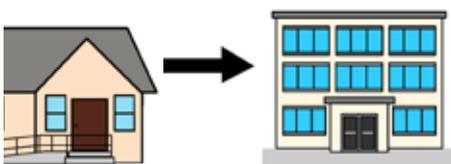
- older people.



This book is about what you can do when you are ready to leave hospital.



If you need more time to get better at home hospital staff might worry about how you will live.



Hospital staff might say that you should move to a nursing home or aged care home.

## What you can do



You have a right to choose where you live.



You can choose **not** to move to a nursing home or aged care home when you leave hospital.



You can choose to go home and ask for extra help.



Talk to someone you trust about what you want to do. For example, family or a friend.



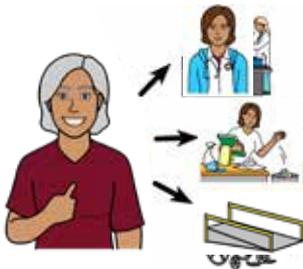
They can help you tell the hospital staff what you want to do.

## About support at home



The hospital will have someone you can talk to when you want to ask for support at home.

For example, a social worker.



They can help you to get ready for extra supports at home.



If you already get support at home they can talk to your care provider about more care.



If you are older you can get short term home care. For example, therapy at home until you get better.



If you have a disability and are under 65 years old you might be able to get disability support from the NDIS.



Ask for help to apply to the NDIS.



The **Queensland Government Community Support Scheme** or QCSS can help you if you

- only need a little bit of help

and



- can then live safely in your home.



The QCSS will help you to

- stay **independent**

and



- be part of your community.



Independent means you can do things by yourself. For example, shower or shop for food.



To get help from the QCSS you must

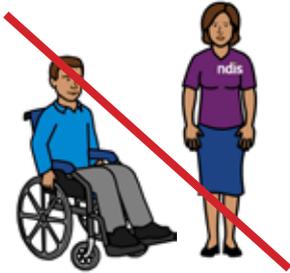
- be under 65 years old

or



- be under 50 years old if you are Aboriginal or Torres Strait Islander

and



- **not** get support from the NDIS.

## Queensland Government Community Support Scheme



Call 1800 600 300

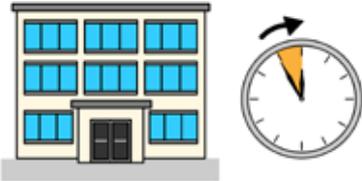


Email [QCSSaccesspoint@ozcare.org.au](mailto:QCSSaccesspoint@ozcare.org.au)

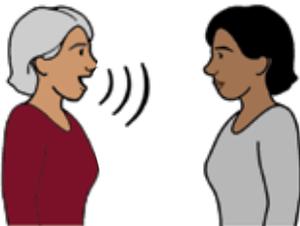
## About short term care



You can get **respite care** when you are ready to leave hospital.



Respite care is when you live in a residential aged care home for a short time.

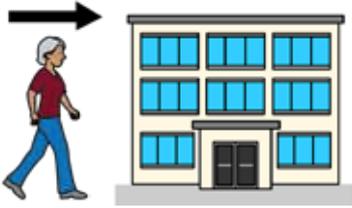


You can ask your care provider about respite care.

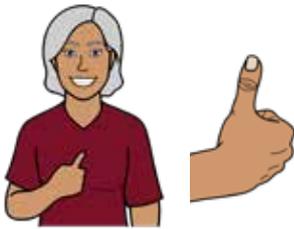


You can also ask hospital staff about respite care if you need it.

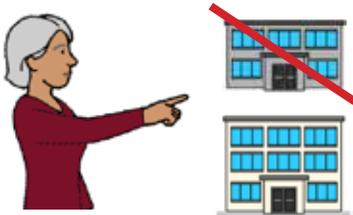
## About aged care or nursing homes



You can choose to go to an aged care home or nursing home when you are ready to leave hospital.



You can choose the home that you like best to make sure you can get what you need.



You do **not** have to choose the first place you see.



You can look at other homes until you find the one you like best.

## More information



For more information or if you need more help contact ADA Australia.



Call 1800 818 338



Website [www.adaaustralia.com.au/speak-up](http://www.adaaustralia.com.au/speak-up)



### Help in languages other than English

Translating and Interpreting Service

Call 131 450



### If you need help to speak or listen

Use the National Relay Service or NRS.

Call 1800 555 677

Website

[communications.gov.au/accesshub/nrs](http://communications.gov.au/accesshub/nrs)



This guide is funded by the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.

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To contact Scope call 1300 472 673 or visit [www.scopeaust.org.au](http://www.scopeaust.org.au)

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