

Post-hospital discharge OT support

A short guide to the first weeks at home after a hospital stay, from Restore OT in Grantham and Lincolnshire.

The first days home matter most

Most readmissions and falls happen in the first few weeks after a hospital stay, when strength, confidence and routines are still recovering. A short piece of occupational therapy at the right moment can make the difference between coping and struggling.

Before you leave hospital

- Ask what you have been told about walking, stairs, lifting and driving.
- Check what equipment is being delivered, when, and who is fitting it.
- Make sure you have your medication, discharge letter and follow-up appointments.
- Arrange someone to be at home for the first 24 hours if you can.
- Have food in, the heating on and a phone charger by the chair or bed.

Setting the home up

- Create one clear, well-lit route between bed, toilet, chair and kitchen.
- Raise seating and bed height if standing up is hard; add a rail where you push up.
- Move everyday items to waist height so nothing needs bending or reaching.

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- Remove loose rugs, trailing cables and clutter from walking routes.
 - Keep a phone, water and light within reach of where you sit and sleep.

Getting back to daily activities

- Start with washing, dressing and simple meals before bigger tasks.
- Use short bursts of activity with planned rests; build up a little each day.
- Follow any movement precautions you were given after surgery.
- Ask for help early rather than waiting until you are exhausted or unsafe.

Warning signs to act on

- New or worsening breathlessness, chest pain, confusion or a fever.
- A wound that is hot, leaking or increasingly painful.
- Any fall, or repeated near-misses getting up or on the stairs.
- Not managing to eat, drink or take medication as planned.
- Contact your GP, 111, or 999 in an emergency.

How an OT can help

A post-discharge visit reviews how you are actually managing at home, sorts equipment and layout quickly, rebuilds daily routines at a safe pace, and gives you and your family a written plan. We can usually visit within days rather than weeks. This guide is general information and does not replace individual assessment. To arrange an appointment call 0115 647 7997 or email edith@restoreot.co.uk.