

# Home visit assessments

## Practical help before you leave hospital



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**Before you leave hospital, you'll want to be sure that you can manage everyday tasks independently and safely. A home visit assessment offers a chance to think about practical issues that may arise when you go home.**

While you are in hospital, your occupational therapist will discuss with you whether a home visit is appropriate. If it is, they will accompany you on a visit to your home. You may also have a relative and/or carer present.

### What happens?

During the visit you will have the chance to practise some of the activities you normally do as part of your everyday routine, including:

- Making a hot drink
- Making a meal
- Using household appliances
- Getting in and out of bed
- Using the toilet
- Washing and dressing
- Going up and down stairs
- Using the telephone and/or lifeline

During the visit your occupational therapist (and sometimes a physiotherapist) will observe how you manage these activities in your own home.

At the end of the visit your occupational therapist will discuss with you how the visit went and will make recommendations before you leave hospital.

### Confidentiality

**'The Trust's vision is to keep your information safe in our hands.'**

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the Information Governance Team on 01228 608998 or email [Information.Governance@cumbria.nhs.uk](mailto:Information.Governance@cumbria.nhs.uk)



Your home visit is on:.....  
at:.....

If you have any questions, please contact  
your occupational therapist  
: .....

or your physiotherapist:  
.....

### Contact us [ if not included elsewhere]

This factsheet has been produced by the ..... service.

Your ..... team is based at

.....

Telephone:

.....

### Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: [PET@cumbria.nhs.uk](mailto:PET@cumbria.nhs.uk) Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call:

**01228 603890**

E:[communications.helpdesk@cumbria.nhs.uk](mailto:communications.helpdesk@cumbria.nhs.uk)

Or write to Engagement and Communications  
Voreda House | Portland Place | Penrith | CA11 7QQ



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