

# What you need to know before being discharged

## Planning for your return home begins when you are admitted

To make sure you feel safe when you get back home again, we begin planning for your return home as soon as you are admitted to hospital.

Together with you, and in close collaboration with your home municipality and your medical care centre and/or ward at the hospital, we plan how we will provide for your needs immediately after you return home.

## How does it work?

The hospital notifies the other parties about when you are expected to be discharged, and if you consent to it they are also given additional information about why you are in hospital and what help and support you are expected to need when you get back home. That way, preparations for your return home can begin as soon as possible.

## Your views are important!

An important part of the information we give the other parties is what you yourself think you will need help with. Hospital staff will therefore ask you what challenges you foresee when you get back home again.

**You are expected to be able to leave the hospital on:** \_\_\_\_\_

## Permanent care contact and CIP

You will also be assigned a permanent care contact at your medical care centre or ward, who will be responsible for coordinating and planning your continued care and nursing over a longer period. This is usually done after you have been discharged from hospital, when your permanent care contact arranges a CIP meeting. At the meeting a coordinated individual plan (CIP) is drawn up, in which you will have considerable opportunities to influence the content of measures once you are back home.

## Your permanent care contact is

**Name:**

**Telephone number:**

## Coordination meeting

As your date of discharge approaches, a coordination meeting is usually held in which you, your permanent care contact and your municipal case worker take part.

The purpose of the meeting is to give you the opportunity to apply beforehand for help and support from the municipality and, if necessary, to prepare for a CIP meeting for drawing up a coordinated individual plan.

The coordination meeting can be held via video link, over the telephone or in person at the ward.

## Meeting via video link

Video meetings are increasingly common, both for coordination and for drawing up the CIP. In a video meeting, participants see and hear each via a screen and camera instead of meeting in person.

As a patient you don't need any technical expertise for this! All the practical details are taken care of by staff.

An advantage of video meetings is that you avoid having to travel, which can make things easier for you and your family as well as for staff who are in a different location.