

# Preparing to leave hospital

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Psychology Team



# Lots of emotions

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- Emotions are likely to be heightened approaching discharge— people report feeling higher levels of worry.....and these tend to remain high in the early weeks following discharge.
- Some people hold onto hope that everything will return 'back to normal' when they get home – if it doesn't this can be difficult.
- Seeing impact of injury in context of normal life for the first time
- Can be first opportunity to have privacy to release emotions

# Home or temporary new place

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- Can be frightening leading up to discharge if you are unsure of venue &/or plan for care or equipment.
- Often lots that is sorted out in final weeks/days – can be hard to plan ahead.
- Home may be re-organised, furniture moved, equipment in place, hospital bed downstairs
- Issues with privacy
- Parts of home may not be accessible
- Other people coming into home to support you
- Impact on whole family

# Taking things slowly

- It will take time to work out a new routine in new environment
- Be patient with loved ones – it will take time for them to adjust to new situation

# Needing to connect with other people

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- You might feel worried about other people & their reactions to you
- They might be waiting for you to make the first move
- They may not know what to say or be worried about upsetting you
- Some people have wanted to see lots of people straight away – a party /gathering.
- Others prefer to meet people one at a time & build confidence
- Keeping in touch with friends from MCSI
- Access Peer Support via the Charities



# Getting back to life

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- Allow yourself to look forwards & appreciate what is important in your life
- Needing to accept some change – but trying to focus on things that you enjoy/give you a sense of pleasure/purpose/ make you feel like you.



POST-TRAUMATIC

Growth