

Home from Hospital Service

Our friendly team of ACTS Support Workers aim to help make your return home from hospital easier. We can also offer support which may prevent an admission or readmission into hospital.

Our free Home from Hospital Service is available 7 days a week, we can:

- ◆ Escort or transport you home from hospital or meet you at home to help get settled-in, turn on the heating and lights and make you a cup of tea
- ◆ Offer week by week support while you regain confidence and independence with practical day to day tasks such as shopping, getting out and about, attending appointments, going for a walk, collecting prescriptions
- ◆ Keep in touch either by telephone or home visits to see how you are doing
- ◆ Offer encouragement and motivation to keep active and healthy
- ◆ Find out about groups and activities in your area or support you to get back out and about in your usual routine
- ◆ Offer you other ACTS services such as benefits advice, a falls prevention home assessment, domestic support or community activities

We can support you for up to a maximum of 6 weeks, however our aim is to help you be able to manage without us before then!

We concentrate on supporting you with day to day tasks which you will be able to continue doing by yourself in the weeks ahead, however as we are not home carers we are unable to support with personal care needs or medication.

Call us on 0191 4566903

Email: cmt@ac-ts.org.uk

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Registered Charity Number 1168807