

Access to Care | Right Care | Right Time | Right Place

*Home First*

**Getting Home from Hospital**

You are receiving this information sheet because you are in hospital, receiving care. We want you to know about a new approach to planning what happens when you no longer need hospital care. It's called *Home First*.

The goal of *Home First* is to get you back home as quickly and as safely as possible, and to help you stay there until you are ready to make a decision about your future.

**It's better to be home**

You are receiving hospital care because you are ill, injured or have undergone surgery. A skilled and dedicated hospital team, using advanced equipment and techniques, is delivering your care. When you need acute hospital care, the hospital is definitely the right place to be.

When you no longer need this level of care, you will find it is better to be at home. You will be safer, more comfortable and you will be able to get back to your routine. Your family and friends will be able to participate more in your care.

**The care you need, at home**

Since you arrived at the hospital, your health care team has been closely monitoring your needs to ensure that your health will continue to improve when you return home. Some patients will need extra support to return home.

If extra health and personal care will be needed to support your continued recovery at your home, a Case Manager from the South West Community Care Access Centre (CCAC) will work with you, your hospital team and community partners to develop a home care plan for you before you leave the hospital.

**Time to make thoughtful decisions**

Not every patient will need extra support from the CCAC. If CCAC services have been arranged to support your continued recovery at home, you, your family, your friends and your case manager can talk about your changing needs and your plans for the future once you are settled at home. You can take the time you need, in your own home, to make decisions about your ongoing care needs and allow your family and friends to participate in the process.

**Always ready to help**

Your health care team is here to support you, your family and friends. Let us know if you have any concerns or questions.