

## More information

If you have any questions about anything in this leaflet, you can speak to your social worker or a member of the Intermediate Care Team.

If you would like this leaflet in a different format, such as large print, Braille or tape, or in a different language, please contact our Communications Unit at [sw\\_communicationsunit@glasgow.gov.uk](mailto:sw_communicationsunit@glasgow.gov.uk) for advice.



# INTERMEDIATE CARE

## WHAT YOU NEED TO DO



## **Intermediate Care**

The purpose of this leaflet is to provide you with information about your move to Intermediate Care. The leaflet will cover:

- Why you are moving to Intermediate Care
- What Intermediate Care is and who will look after you
- What happens in Intermediate Care
- What happens when your assessment is complete

No-one wants to stay in hospital any longer than they need to. A long delay can even lead to losing vital life skills, independence or mobility. Intermediate care is for patients who no longer need to be in an acute hospital setting, but due to the complex nature of their needs, are not yet able to return to their own home, which may include returning to a residential or nursing Care Home, or another homely setting. It provides an opportunity, outwith an acute hospital setting, to consider what your longer term support needs are.

### **Why am I moving to Intermediate Care?**

The team of health staff who have looked after you in hospital, have decided that you are ready to be discharged from their care. However at this time you are not ready to return to your home. Before this can happen you need a further period of assessment and support to determine your longer term support and care needs. This will include assessing whether you need further rehabilitation, or if you require more specialist complex care.

This assessment and support is best provided in an Intermediate Care Unit, where you will continue to be supported by a team, which includes Social Work, Medical, Health and Care Home staff.

Whilst in Intermediate Care you will receive care from a General Practice who covers the Unit. This may require you to register with this Practice to ensure patient safety and make sure that the GP has access to all the information needed to provide you with the best possible care. The multi-disciplinary team who have looked after you in hospital will be able to discuss this in more detail with you.

Intermediate Care involves moving into a specially set aside room in a dedicated area in one of Glasgow's care homes. You will have a single room, in a setting which is designed to feel more like being at home rather than being in hospital.

### **What happens in Intermediate Care?**

When you arrive at the Intermediate Care Unit, staff will help you to settle in. You will then meet the staff who will support you while you are there. This usually takes two or three days

While you are in the Intermediate Care unit, we will assess your health and social care needs. You will also get support and, if appropriate, rehabilitation from a range of health and social care professionals which is designed especially for you. This will all take place in

surroundings that's similar to your own home. The team will also help you and those closest to you decide how you would like to be best supported in the future. This period of assessment will normally take up to a maximum of 4 weeks.

The Intermediate Care Team will meet you and your family to make sure your expectations, goals and plans are being met during your stay. They will also check that you are ready and prepared to move on at the end of your assessment period.

## **What happens at the end of my assessment?**

During the assessment period, the Intermediate Care Team will, together with yourself and those closest to you, have been discussing the most appropriate options for your longer term care. These include:

- Returning to your own home with the right care provided for you there to support your needs;
- Moving into alternative housing e.g. sheltered or extra-care supported housing;
- Moving into a residential care home, with or without nursing care, for long-term care.

If you are not able to return to your own home and the assessment has concluded that your needs can be met in a care home or alternative housing we will help you transfer there as soon as possible,

If you have been assessed as requiring to move to a care home, you will usually be able to move to this within

three days. We will do everything possible to get you to your first choice of care home right away, so that you can get settled and don't have to move too often. However when your first choice of care home is not available, we will expect you to transfer to another care home while you wait for a place at your preferred home. This will allow the Intermediate Care bed to be used by other patients for assessment.

## **Cost and charges**

The assessment period while you are in the Intermediate Care Unit will usually last no longer than four weeks. There is no charge for this service during the assessment period.

However, if you remain after your assessment period is complete, and an appropriate care setting is available for you, you will be charged a weekly fee. Our leaflet [Financial Implications of moving into a Residential Care Home](#) tells you about what financial help may be available to help you with paying the charges.