



Going home from hospital.



When you are ill or hurt you might need to stay in hospital until you are better.

When you are better the ward staff will talk to you about going home.



They will help you decide on the best place to go to help you recover.

You might agree to go somewhere else for more care before you go home.



Planning to go home.

You might need to ask someone you know for a lift home in their car.

You will not be able to go home in an ambulance because they are only for very ill people.



You will need daytime clothes to wear when you leave hospital.

You might need your house keys if you live on your own.



Ask someone you know to put the heating on if it's cold where you live.

Ask someone you know to buy some food for when you get home.



Make sure you take all your things with you when you leave hospital.



When you leave hospital.

We will try and make sure you are home in time for lunch.

You might have medicine to take home with you.

We will talk to you and anyone who you want to help you about when you need to take your medicine.



You will wait in the discharge lounge for your lift home.



Our **PALS** advisors can give you information about health services in our hospitals.



You can talk to them if you are not happy with the care you are given in hospital.



You or someone who helps you can call
PALS on
0300 422 6931

Or you can e-mail PALS at
Ghn-tr.pals.gloshospitals@nhs.net.





Ask 3 questions

If you are asked to make a choice about your health, you may have lots of questions you want to ask.



You might want to talk to other people about your choices.



It can help if you make a list of your questions and take it with you to your appointment.

To begin with try to make sure you get the answers to these

3 questions,

if you are asked to make a choice about your healthcare.



What are my choices?



What are the good things and not so good things about each choice?

How do I get help so I can make a choice that is right for me?

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Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.

Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation.

***Ask 3 Questions** is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>



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