

No Time To Waste

New
Routes
Home



Background



The Scottish Government wrote a report in 2018 called the Coming Home Report.

They found that there were hundreds of autistic people and people with learning disabilities living in hospitals.



They wrote a plan called the Coming Home Implementation Report to help bring people home.

Some things changed but there are still hundreds of people living in hospitals for a long time.



We think that everyone should be able to live a good life in their own home and not spend too long in hospital.

We developed these toolkits to help people to plan for coming home.

About this toolkit



We have developed two toolkits to help people come home from hospitals.

One toolkit is for people working in hospitals or with support providers.

The other toolkit is for family members or people who are in hospital.



This is the easy read version of the one for family members or people who are in hospital.

This toolkit has some questions to help you think about coming home from hospital.

You can read it by yourself or with someone you trust.

Ask them for help to write things down if you need it.

The questions are in green boxes

Being listened to



People who have lived in hospitals have told us that they feel upset and sometimes angry about being in hospital.

They have told us that professionals do not listen to them.

And they do not listen to their friends and family.

This section is to help you explain how you can feel listened to.

Do you ever feel like you are not listened to?

Do you ever feel like your family are not listened to?

What would make you feel like you and your family are being listened to?

Understanding decisions



Sometimes professionals might use words that don't make sense to you.

This might mean it is hard to understand what people are talking about.

It could be hard for you or your family to make decisions.

This section is to help you to make decisions.

Do you feel like professionals use words you don't understand?

How does this make you feel?

How could they make this better for you?

Advocacy



An advocate is a person who can help you to make decisions or to understand what is being said in meetings.

They are independent from the hospital or council.

Independent means they work for a different company.

Their job is to make sure that your voice is heard when decisions are made.

If you are in hospital, you have the right to have an advocate to help you.

Do you have an advocate?

If you have an advocate, does it make you feel like your voice is being heard?

Helping people understand you



Sometimes people in hospital are told they have “challenging behaviour”. This might mean that they have hurt people, hurt themselves, shouted at people, or broken things.

Challenging behaviours usually happen when people are upset or angry.

Sometimes people who show challenging behaviour are given more medicine. Or they might be told they can’t do activities or see their family.

Professionals don’t always take the time to understand why the person is behaving that way. When people have challenging behaviour, it can make professionals worried that they can’t cope.

This section is to help people understand you.

Can you think of a time when a professional understood why you were upset or angry?

Can you think of a time when they didn’t understand?

What would help you when you are upset or angry?

Trying new things



Professionals think a lot about the things that can go wrong for the person.

This can mean they don't take enough time to think about trying new things.

This is because they are very worried about what could go wrong.

This section is to help people understand how you can try new things.

What are some things you would like to try while you are in hospital?

What are some things you would like to try when you are home from hospital?

What makes it easier for you to try new things?

What makes it harder for you to try new things?

Before you went into hospital



BEFORE



Sometimes professionals forget about what life was like for a person before they went into hospital.

This section is to help people understand what was important to you before you went into hospital.

What was your life like before you went into hospital?

Think about where you lived, what you did, and who you spent time with.

What did you like about your life before you went into hospital?

While you are in hospital



Being in hospital for a long time can make things worse for some people.

It can be a stressful place to live and doesn't feel like home.

Hospitals are also a very expensive way of looking after people.

This section is to help understand how you feel about being in hospital.

What do you like about being in hospital?

What do you not like about being in hospital?

Coming home from hospital



Coming home from hospital can take a long time to plan.

You might need a different house.

Or you might need people around you to help you to do things.

This section is to help understand what your life might look like after you come home from hospital.

What would you like your life to be like when you are out of hospital? Think about where you will live, what you will do, and who is important in your life.

Do you have any worries about coming home from hospital?

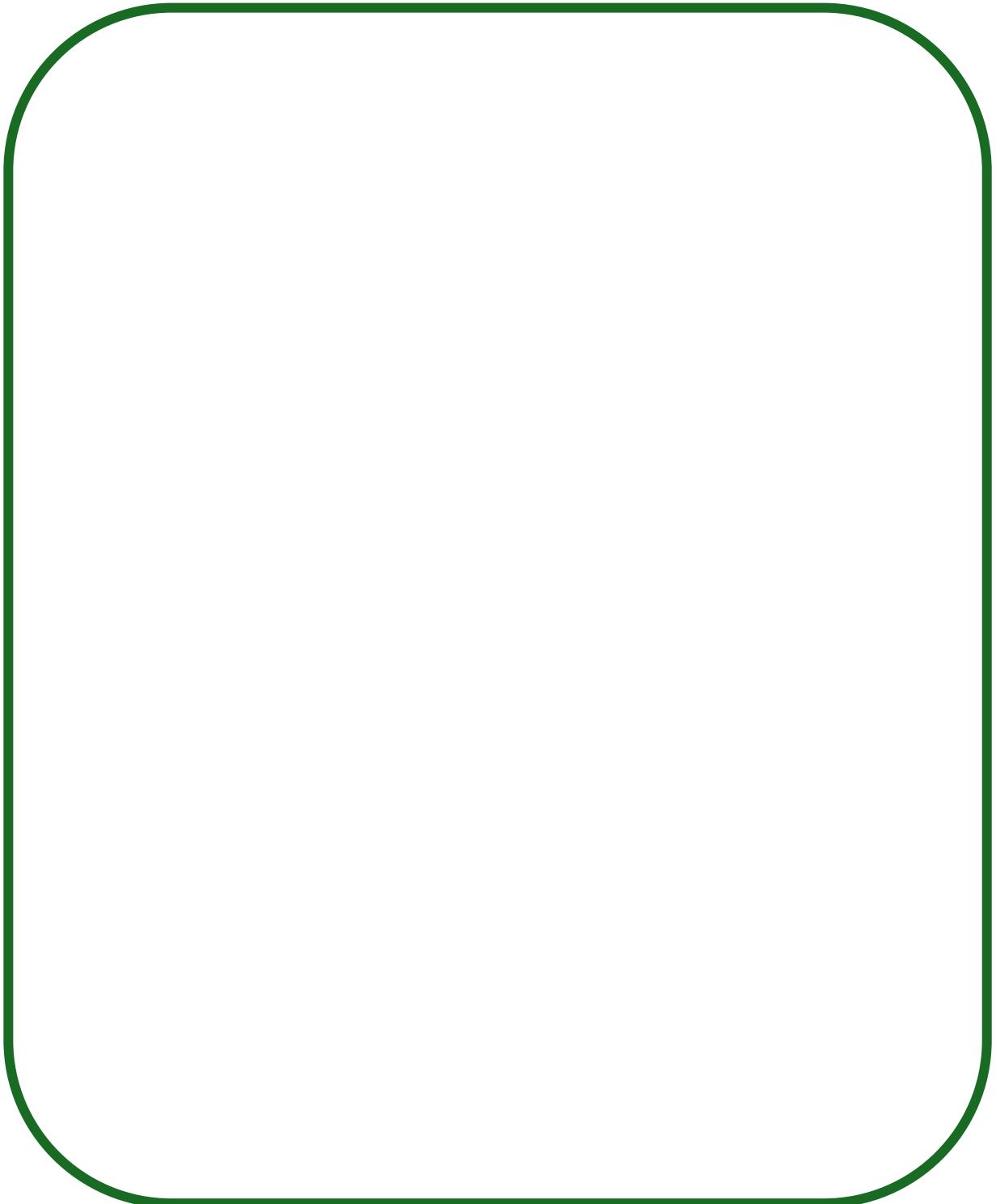
What would the best things be about coming home from hospital?

Anything else



Is there anything else you would like people to know?

If there is, write it in the box below.

A large, empty rectangular box with rounded corners and a thick green border. It is intended for the user to write their response to the question above.

This toolkit was written by **Alastair Minty** and **Pauline Lunn** from In Control Scotland.



They worked with people who have experience of being in hospital for a long time.

They are part of a group called **New Routes Home**. They meet every 6 weeks in an online meeting.

If you would like to find out more about New Routes Home you can visit our website or send us an email.

Website: <https://newrouteshome.wixsite.com/scotland>

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This toolkit was funded by **IMPACT**. They work across the UK to try to make people's lives better.



In Control Scotland is a small Scottish charity that works to make social care support fairer.

They are the host organisation for New Routes Home. You can find out more about In Control Scotland on our website: www.in-controlscotland.org