FREE PRINTABLE CHECKLIST FROM MOBILE PHYSIOTHERAPIST UK

Getting moving again after a hospital stay

Leaving hospital and the first 14 days at home, with local help in Cambridgeshire

For adults in Cambridgeshire, their families, carers and anyone helping them at home. This edition adds a list of local help in Cambridgeshire.

Your own care plan comes first. Follow the advice your hospital or care team gave you, including anything you must not do, and any advice about walking, exercise, eating or drinking. Use any equipment and help you were advised to use.

This is a checklist and a diary. It is not an exercise programme, and it is not a deadline for getting better.

When to get medical help: page 5. My 14-day record: page 6.

Before you leave hospital

Tick each one when it is sorted. Ask the ward team about anything you are unsure of.

- [ ] My journey home is arranged, and I can get into my home.
- [ ] Anyone helping me knows when I am coming home. Any care visits are confirmed.
- [ ] I have my discharge letter or care plan, and I understand the next steps.
- [ ] I know which of my medicines have changed, and how and when to take each one.
- [ ] I have the medicines I need, and I know how to get more before they run out.
- [ ] Any equipment I need is ready, and I have practised using it.
- [ ] I know what help I need with my bed, chair, toilet and any stairs.
- [ ] Any exercises, and anything I must not do, have been explained and written down.
- [ ] Food and drinks are sorted for when I get home.
- [ ] If I have been in hospital for a while, someone will put the heating on before I get home, so the house is warm when I arrive.
- [ ] If I have a personal alarm or falls sensor, it is charged and working.
- [ ] I know about any follow-up appointments, and who to call if there is a problem.
- [ ] I have talked about my worries, and asked whether short-term help at home would be useful.

My useful contacts

Hospital ward or discharge team, and phone:

GP surgery and phone:

Community or home care team and phone, if arranged:

Equipment contact and phone:

Follow-up appointment: date, time and place:

At home: little and often

Follow the advice from your own healthcare team first. Some of the points below may not be right for you, or may need changing. This is a general guide. If you are not sure something is safe for you, check with your healthcare team before you try it.

- Take it easy on your first day home. Getting home from hospital can be very tiring.
- Get dressed and sit out of bed for meals when you can, with help if you need it.
- Try not to sit or lie still for long spells. Move about in the way your care team advised, and walk only when it is safe, with your walking aid and any help you need.
- Do the exercises you were given, the way you were shown.
- Spread things out through the day and rest in between. Build up gradually. You do not have to do more every day.
- Have regular meals and drinks, following any advice you were given about diet, swallowing or how much to drink.
- If something new starts, or something gets worse, do not push through it. Ask for advice, and use the “When to get medical help” page.

Things I must not do, or help I need:

Something I would like to work towards, with my care team:

Making home safer

- Keep the places you walk clear of clutter, cables and loose rugs.
- Light the way to the toilet at night.
- Wear shoes or slippers that stay on securely and grip the floor.
- Put your personal alarm or falls sensor back on when you get home, and keep it charged. Keep your phone within reach.
- Use your walking aid as you were shown, and take your time getting up.
- Use a non-slip mat in the bath or shower, and any equipment recommended for you.
- Get help with lifting, reaching and heavy jobs.

Ask your GP or pharmacist whether any of your medicines could affect your balance. Do not change or stop a medicine without advice.

Where to get help in England and Wales

Short-term help at home. Ask the ward before you leave, or your GP surgery or council once you are home. You may be assessed for short-term care, often called reablement or intermediate care. When it is offered it is free, and it usually lasts no more than 6 weeks, depending on your needs.

Equipment and changes to your home. Your council’s adult social care team can tell you how to ask for an assessment.

Worried about how you left hospital. Speak to the hospital team, or its patient advice service (PALS in England, the concerns team in Wales). For an urgent medical problem, use the “When to get medical help” page instead.

Local help in Cambridgeshire

Cambridgeshire has two councils for adult social care. Cambridgeshire County Council covers Cambridge, Ely, Huntingdon, St Neots, March, Wisbech and the villages. Peterborough City Council covers Peterborough. Each line says which area it is for. Some NHS and charity services cover both.

Cambridgeshire County Council adult social care. For people in the Cambridgeshire County Council area. Call 0345 045 5202, Monday to Friday 9am to 5pm. Out of hours, if someone is in danger or cannot stay safely at home, call 01733 234 724. cambridgeshire.gov.uk

Peterborough City Council adult social care. For people in Peterborough. Call 01733 747474 and ask for Adult Social Care, Monday to Friday 9am to 5pm. You can also email adultsocialcare@peterborough.gov.uk. Out of hours and at weekends, for emergencies, call 01733 234724. peterborough.gov.uk

Short-term help after a hospital stay. Ask the ward staff about help at home before you leave. Cambridgeshire County Council area: every adult leaving hospital should be considered for short-term help at home, called reablement. It helps you do things for yourself again. Peterborough: reablement is free for up to six weeks, seven days a week. The charity Care Network also gives free practical help at home after a hospital stay in Cambridgeshire. See care-network.org.uk.

Equipment. Equipment is lent after an assessment, often by an occupational therapist. Cambridgeshire County Council area: call 0345 045 5202. Peterborough: call 01733 747474 or email adultsocialcare@peterborough.gov.uk. You can also buy small aids yourself without an assessment.

Falls. Cambridgeshire County Council area: Healthy You runs free strength and balance classes for people aged 60 or over who feel unsteady or have had a fall. The course runs for 24 weeks. Call 01223 386 200. Peterborough: ask your GP to refer you to the NHS Falls Prevention Service.

Personal alarms. A button you wear and press for help, 24 hours a day. Cambridgeshire County Council area: the council lists approved alarm companies on its website. For advice, call the council's technology team on 01480 378 160, Monday to Friday 9am to 5pm. Peterborough: call 01733 747474. The first 6 weeks are free. After that there is a monthly charge.

Help for carers. Caring Together supports carers across Cambridgeshire and Peterborough. Call 0345 241 0954, Monday to Thursday 9am to 5pm, Friday 9am to 4.30pm. To ask for a carer's assessment: Cambridgeshire County Council area, call 0345 045 5202. Peterborough, call 01733 747474. caringtogether.org

Home Fire Safety Visit. A free home visit from Cambridgeshire Fire and Rescue Service, for people who may be at more risk. To find out if you can have one, call 0800 917 9994 and leave a message with the person's name, address and daytime phone number. They will call you back. There is also an online home safety check on their website. cambsfire.gov.uk

Age UK Cambridgeshire and Peterborough. Free information and advice for older people, their families and carers. A member of the team answers between 9am and 3pm. At other times your call goes to the national Age UK helpline. **0300 666 9860** · ageuk.org.uk/cambridgeshireandpeterborough

Citizens Advice. Help with money, benefits and other problems. Cambridge and South Cambridgeshire: call freephone 0808 278 7808, Monday to Friday 9am to 4pm. Peterborough: call 0808 278 7850, free from mobiles and landlines, Monday to Friday 9am to 4pm.

Huntingdonshire, Fenland and East Cambridgeshire: Citizens Advice Rural Cambs, 0808 278 7807, or contact them through their website.

Healthwatch. Tell them about your health or care, good or bad, to help services improve. Healthwatch Cambridgeshire and Healthwatch Peterborough: 0330 355 1285, Monday to Thursday 9am to 4pm, Friday 9am to 3.30pm.

Hospital patient advice (PALS). Addenbrooke's Hospital, Cambridge: 01223 216756, Monday to Friday 9am to 4pm. Royal Papworth Hospital: 01223 638896, working days 9am to 3pm. Hinchingbrooke Hospital, Huntingdon: 01480 428964. Peterborough City Hospital: 01733 673405.

Local contacts checked 16 November 2026. Services can change, so check before you rely on one.

When to get medical help

This is not a full list. Follow any extra advice in your discharge paperwork.

Call 999 now if you have

- Sudden chest pain or discomfort that does not go away, pain that spreads to your arm, neck, jaw or back, or chest pain with sweating, feeling sick, light-headed or short of breath.
- Severe difficulty breathing: gasping, choking or not able to get your words out.
- Pain and swelling in a leg together with chest pain or breathlessness. This can be a blood clot.
- Your face droops on one side, you cannot lift both arms, or your speech is slurred or muddled. These can be signs of a stroke. Call even if they stop.
- You have fallen and cannot get up, or you may have hurt your head, neck, back or hip.
- Bleeding that you cannot stop, for example from a wound or where you had stitches.

Do not drive yourself to A&E.

Call NHS 111, or get an urgent GP appointment, if you have

- New pain and swelling in one leg, sometimes with red or darker skin. This can be a blood clot.
- Breathlessness that comes on suddenly, or being more short of breath than usual.
- Coughing up blood.
- A wound or stitches that open up, or a wound that is bleeding, red, swollen, more painful or has pus coming out of it.
- You have fallen and are in pain, hurt or feeling unwell, but none of the 999 signs apply.

If any 999 sign applies, call 999 first.

Contact your GP or care team if

- You are worried about your walking or balance.
- You have had a fall, even if you were not hurt.
- Everyday things are getting harder to manage. Ask early. Do not wait for the diary to finish.

If you fall and cannot get up

- Call 999, or use your personal alarm. If you cannot reach either, shout or bang on the wall or floor.
- Keep warm. Cover yourself with anything within reach.
- Do not force yourself to get up. Follow the call handler’s advice about moving while you wait.
- Anyone with you should not try to lift you.

My 14-day record

Start on your first day at home. Tick the things that were right for you and that you managed, with help if needed. Write “n/a” where something does not apply. This is a record, not a test.

The days do not have to look the same. If something new starts or you are clearly getting worse, use the “When to get medical help” page rather than waiting for the diary to finish.

Keep this record and take it to any follow-up appointments.

Day	Date	Got dressed	Sat out for meals	Movement as advised	Exercises as advised	How I felt, or things to ask about
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						

General information, not a personal treatment plan. Follow your own discharge advice. Prepared by Mobile Physiotherapist UK from NHS guidance. Sources checked 20 October 2026. General guidance checked by Claire Williamson, Chartered Physiotherapist, 27 October 2026. Cambridgeshire contacts checked 16 November 2026. Free to print, copy and share.