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 East Riding of Yorkshire

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

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 East Riding of Yorkshire

This area has two councils. East Riding of Yorkshire Council covers the East Riding, including Beverley, Bridlington, Goole and Driffield. Hull City Council covers the city of Hull. Each line says which area it is for. Some NHS and charity services cover both.

East Riding of Yorkshire Council adult social care. For people in the East Riding, outside Hull. Call adult social care on 01482 393939, or ask for help online. Out of hours, for emergencies, call the Emergency Duty Team on 01377 241273. eastriding.gov.uk/adult-social-care

Hull City Council adult social care. For people in Hull. Ask for help online through Live Well Hull, or call the council on 01482 300 300, Monday to Saturday 9am to 5pm (Wednesday from 10.30am). Out of hours, if an adult is at risk, call 01482 300 304. livewellhull.org.uk

Short-term help after a hospital stay. East Riding: before you leave hospital, a council support worker can visit you on the ward to plan your care. Short-term care at home can be arranged as part of this. Carers Plus Yorkshire runs a free Home from Hospital service for adults across the East Riding. It can help with shopping, prescriptions and support by phone or visit. Call 01723 850155, Monday to Friday 9am to 5pm. Hull: the council's Hospital See and Solve team helps people who are in hospital, usually for up to 72 hours. Ask the ward staff. carersplus.net

Equipment. Equipment is lent after an assessment. To ask for one, call the East Riding council on 01482 393939, or Hull City Council on 01482 300 300. Medequip runs the equipment loan service for both areas. When you no longer need it, call Medequip on 01482 249057 for a free collection. The line is open 8am to 8pm, every day.

Falls. The NHS Falls Service (run by CHCP) is for adults with a Hull or East Riding GP who have had a fall in the last 6 months. Pocklington patients are not covered. You can refer yourself on 01482 247111. In Hull, Age UK Hull and East Yorkshire offers free falls prevention home visits and a four-week falls programme. Call 01482 324644.

Personal alarms. A button you wear and press for help. East Riding: the council's Lifeline service has someone ready to answer at any time. There is a monthly charge. Call 01482 396040 for a free assessment by phone. Hull: the council's Lifeline is answered 24 hours a day. There is a weekly charge, but no charge to fit it. Call 01482 614 300.

Help for carers. East Riding: the Carers Support Service can arrange a carer's assessment and give advice. Call freephone 0800 917 6844, Monday to Thursday 9.30am to 4.30pm, Friday 9.30am to 4pm. You can also drop in at County Hall, Beverley. Hull: the Carers Information and Support Service can arrange a carer's assessment and a Carer Card, which costs nothing. Call 01482 222 220, Monday to Friday 9am to 5pm.

Home Fire Safety Visit. A home visit from Humberside Fire and Rescue Service to help you stay safe from fire. Ask for a visit online. They see the people most at risk first. humbersidefire.gov.uk

Age UK Hull and East Yorkshire. Help and advice for older people in Hull and the East Riding. Phone Monday to Thursday 9am to 3.45pm, Friday 9am to 2.45pm. **01482 324644** · ageuk.org.uk/hulleastyorkshire

Citizens Advice Hull and East Riding. Free advice on money, benefits and other problems. Call the adviceline Monday to Friday, 9am to 5pm. **0808 278 7981** · hullandeastridingcab.org.uk

Healthwatch. Tell them about your health or care, good or bad, to help services improve. Healthwatch East Riding of Yorkshire: 01482 665684. Healthwatch Hull: 01482 595505. Both are open Monday to Friday, 9am to 4pm.

Hospital patient advice (PALS). Hull Royal Infirmary and Castle Hill Hospital: 01482 623065, Monday to Friday 9am to 4pm. Goole and District Hospital: 03033 306518. Bridlington Hospital (York and Scarborough hospitals): 01904 726262, Monday to Friday 9am to 11am and 1pm to 2pm.

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. East Riding of Yorkshire contacts checked 16 November 2026. Free to print, copy and share.