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 Lancashire

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

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 Lancashire

Lancashire has three councils for social care. Lancashire County Council covers most of the county, including Preston, Lancaster, Burnley and Chorley. Blackpool and Blackburn with Darwen each have their own council. Each line says which area it is for.

Lancashire County Council adult social care. For people in Lancashire outside Blackpool and Blackburn with Darwen. Call 0300 123 6720, or ask for help online. Out of hours, for emergencies: 0300 123 6722. lancashire.gov.uk/adult-social-care

Blackpool Council adult social care. For people in Blackpool. Call 01253 477800, Monday to Thursday 9am to 5pm, Friday 9am to 4.30pm. Out of hours, if you need help urgently: 01253 477678. blackpool.gov.uk

Blackburn with Darwen Council adult social care. For people in Blackburn with Darwen. Call 01254 587547, or ask for help online. Use the same number out of hours for urgent concerns. blackburn.gov.uk/adults-and-health

Short-term help to get back on your feet. Each council can help you do things for yourself again after a hospital stay. This is called reablement. Ask the ward staff before you leave. Blackpool: there is no charge, for up to six weeks. Reablement team 01253 477586. Blackburn with Darwen: the hospital refers you, and the team visits you at home. Lancashire County Council area: you may be offered a mobile alarm, free for up to six weeks.

Equipment. Lancashire County Council area: after an assessment you may get an equipment prescription to use at a local shop. Call 0300 123 6720. Wheelchairs, hospital beds and walking aids come from the NHS. Blackpool: ask your GP or adult social care for an occupational therapist visit. Blackburn with Darwen: call 01254 587547 and ask for independent living. Equipment is lent free of charge. For repairs or returns, call Medequip on 01772 286 573.

Personal alarms. A button you wear to call for help, 24 hours a day. Lancashire County Council area: Technology Enabled Care, run by Progress Lifeline, 03333 204 999. Blackpool: Vitaline, 01253 477678. There is a charge for both. Blackburn with Darwen: the council can give advice on alarms, 01254 587547.

Falls. If you fall but are not hurt, the alarm services in the Lancashire County Council area and in Blackpool have a falls lifting service to help you up. In Blackpool, Vitaline also calls you after a fall to check you are well. If a fall came after a dizzy spell or blacking out, see your GP.

Help for carers. Lancashire County Council area: Lancashire Carers Service, 0345 688 7113. Press 2 for North, West or Central Lancashire, or 1 for East Lancashire. Blackpool: Blackpool Carers Centre, 01253 393748, Monday to Friday 8am to 6pm. Blackburn with Darwen: Carers Service, 01254 688440, Monday to Friday 9am to 9pm. You can also ask your council for a carer's assessment.

Home fire safety check. Lancashire Fire and Rescue Service covers all three council areas. Fill in the home fire safety check online. If you are at higher risk of fire, they will arrange a visit. If you have problems with the form, call 0800 169 1125, Monday to Friday 9am to 4pm. lancsfirerescue.org.uk/contact/home-fire-safety-check

Age UK. Age UK Lancashire: information and advice, 0300 303 1234, option 1. Age UK Blackburn with Darwen: free advice and information, 01254 266620, Monday to Friday 9am to 4.30pm (closed 12.30pm to 1.15pm).

Healthwatch. A place to tell someone about your health and care services. Lancashire County Council area: Healthwatch Lancashire, 01524 239100. Blackpool: 0300 32 32 100, option 1. Blackburn with Darwen: 01254 480002.

Hospital patient advice (PALS). Royal Preston and Chorley hospitals: 01772 522 972, Monday to Friday 9am to 12pm and 1pm to 3pm. Royal Lancaster Infirmary: 01539 715577, Monday to Friday 9am to 4.30pm. At Blackpool Victoria, Royal Blackburn or Burnley General, ask the ward staff how to reach the patient advice team.

Local contacts checked 9 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. Lancashire contacts checked 9 November 2026. Free to print, copy and share.