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 Merseyside

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

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 Merseyside

Merseyside has five councils: Liverpool, Sefton, Knowsley, St Helens and Wirral. Each line says which area it is for. Some NHS and charity services cover more than one area.

Liverpool City Council adult social care. For people in Liverpool. Call the adult social care phone line on 0151 459 2606, or ask for an assessment online. Family can ask for you. liverpool.gov.uk

Sefton Council adult social care. For people in Sefton, including Southport, Formby, Crosby and Bootle. Call 0345 140 0845, Monday to Thursday 9am to 5.30pm, Friday 9am to 5pm. sefton.gov.uk

Knowsley Council adult social care. For people in Knowsley, including Huyton, Kirkby and Prescot. Call the Front Door Team on 0151 443 2600. If you are worried about someone's safety right now, this number is answered 24 hours a day. knowsley.gov.uk

St Helens Borough Council adult social care. For people in St Helens or with a St Helens GP. Call Contact Cares on 01744 676767, 8am to 10pm, every day. Out of hours, for emergencies: 0345 0500 148. sthelens.gov.uk

Wirral Council adult social care. For people in Wirral. Call the Central Advice and Duty Team on 0151 606 2006, Monday to Friday, 9am to 5pm. Out of hours, for emergencies: 0151 677 6557. wirral.gov.uk

Short-term help after a hospital stay. Ask the ward staff about help at home before you leave. They can refer you to the council. Wirral: short-term support is free for up to six weeks. Knowsley: the Knowsley Reablement Service helps you do things for yourself again, and reablement is free for up to 6 weeks. St Helens: ask Contact Cares about reablement. Sefton: hospital staff refer you to the Care Transfer Hub.

Equipment. Equipment is lent after an assessment, often by an occupational therapist. Ask your council. Sefton: there is no charge for small aids and adaptations. Knowsley: equipment and small changes such as grab rails are free. You can try equipment at the Centre for Independent Living, Monday to Friday 9am to 4pm, Saturday 10am to 1pm. Wirral: if you are eligible, equipment and small changes to your home are free.

Falls. Knowsley: the IKAN team helps people over 55 to stay steady. They can visit you at home, bring simple aids and run chair-based exercise. Call 0800 694 0270. St Helens: Contact Cares can help with falls prevention on 01744 676767.

Personal alarms. Liverpool: if you have an assessment, the alarm is free and so is the monitoring at the moment. A mobile response service costs extra. Knowsley: Lifeline alarm equipment is free, with a small weekly charge for monitoring. You can try it free for 12 weeks at the moment. Call 03333 204999. Sefton: ask adult social care about Careline. St Helens: ask Contact Cares about Careline.

Help for carers. Liverpool Carers Centre: 0151 705 2307, Monday to Friday 9am to 5pm. Sefton Carers Centre: 0151 288 6060. A carer's assessment in Sefton is free. Knowsley Carers Hub, for carers aged 18 or over: 0151 549 1412. St Helens Carers Centre: 01744 675 615, Monday to Friday 9.30am to 4pm, and until 8pm on Tuesdays. Wirral: ask for a carer's assessment on 0151 606 2006.

Home Fire Safety Check. Merseyside Fire and Rescue Service gives free fire safety advice and can visit your home. Many people over 65 can have free smoke alarms fitted. You can ask for yourself, a neighbour or a relative. **0800 731 5958** · merseyfire.gov.uk

Age UK and Age Concern. Liverpool and Sefton: Age Concern Liverpool and Sefton helps people aged 50 or over. Call 0151 330 5678. Wirral: Age UK Wirral, Liverpool and Sefton gives free information and advice to adults living in Wirral. Call 0151 482 3456. St Helens: Age UK Mid Mersey runs groups and activities. Call 0300 003 1992.

Citizens Advice. Free help with money, benefits and other problems. Liverpool: freephone 0808 278 7840, Monday to Friday 9am to 5pm. Knowsley and St Helens: 0808 278 7839. Wirral: freephone 0808 278 7848, Monday to Friday 9.30am to 4pm. Sefton: find your local office at citizensadvice.org.uk.

Healthwatch. Independent help finding health and care services, and a place to say how your care went. Liverpool: 0300 77 77 007. Sefton: freephone 0800 206 1304. Knowsley: 0151 449 3954. St Helens: 0300 111 0007. Wirral: 0151 230 8957.

Hospital patient advice (PALS). Royal Liverpool, Aintree and Broadgreen hospitals (their team is called PACT): 0151 706 2380. Whiston and St Helens hospitals: 0151 430 1376, Monday to Friday 9am to 5pm. Southport and Ormskirk hospitals: 01704 704703, Monday to Friday 9am to 3.30pm. Arrowe Park and Clatterbridge hospitals, Patient Experience Team: 0800 432 0251, Monday to Friday 9am to 4pm.

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. Merseyside contacts checked 16 November 2026. Free to print, copy and share.