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 North Yorkshire

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

North Yorkshire has two councils. North Yorkshire Council covers most of the county, including Harrogate, Scarborough, Northallerton, Selby and Skipton. City of York Council covers York. Use the number for the council where you live. Some services may charge.

Adult social care: your council. North Yorkshire Council: 0300 131 2131. Monday, Tuesday and Thursday 9am to 5pm, Wednesday 9.30am to 5pm, Friday 9am to 4.30pm. City of York Council: 01904 555111, Monday to Friday 8.30am to 5pm. You can also ask for help online on both councils' websites.

Out of hours, emergencies only. North Yorkshire Council and City of York Council both use 0300 131 2131. Call it for urgent social care problems that cannot wait until the next working day. If someone is in danger, call 999.

Short-term help after a hospital stay. North Yorkshire Council: if you need it, you may get a short stay in a care setting to help you get back on your feet. This is usually for three weeks, and the care is free. City of York Council: reablement helps you do everyday tasks for yourself again. You are not charged for it while your needs are assessed, for up to six weeks. Ask the ward staff before you leave.

Equipment. North Yorkshire: Medequip lends equipment after an assessment by an occupational therapist. Ask your GP, or ask before you leave hospital. Medequip will collect equipment you no longer need, for free: 01423 226240. York: ask the council for a free occupational therapy assessment on 01904 555111. Be Independent lends simple aids: 01904 645000.

Personal alarms. A button you wear to call for help, 24 hours a day. North Yorkshire Council arranges Lifeline alarms after an assessment, or you can pay Medequip Connect yourself: 0800 910 1390. York: Be Independent, 01904 645000. There is a charge for both.

Help with falls. York: the council offers free home safety visits to help stop falls. Call 01904 552300 or ask online. Harrogate area: ask your GP to refer you to the Falls Prevention Service at Harrogate and District NHS Foundation Trust. Elsewhere, ask your GP to refer you to the local falls team.

Help for carers. Carers' Resource (Harrogate, Selby and Craven): Harrogate 01423 500555, Skipton 01756 700888. Carers Plus Yorkshire: Northallerton 01609 780872 (Hambleton and Richmondshire), Snainton 01723 850155 (Scarborough, Whitby and Ryedale). York Carers Centre: 01904 715490. North Yorkshire Council also offers a free carer assessment online or on 0300 131 2131.

Home Fire Safety Visit. North Yorkshire Fire and Rescue covers all of North Yorkshire and York. Start with the online home fire safety check. If you are at higher risk of fire, they will offer a visit. Questions: 01609 780150. northyorksfire.gov.uk/your-safety/book-a-visit

Age UK York: Independent Living Service. For people in York. Free short-term help after a hospital stay: a lift home, help settling in, shopping, collecting prescriptions and checking you are recovering well. **01904 726191** · ageuk.org.uk/york

Healthwatch. Help finding health and care services, and a place to tell someone about your care. Healthwatch North Yorkshire: 01423 788 128. Healthwatch York: 01904 621133, then press 3.

Hospital patient advice (PALS). York and Scarborough hospitals: 01904 726262 (Monday to Friday, 9am to 11am and 1pm to 2pm). Harrogate District Hospital: 01423 555499. Friarage Hospital, Northallerton and James Cook (South Tees patient experience team): 01642 854807.

Airedale Hospital, for Craven: 01535 294019. Harrogate, South Tees and Airedale are open Monday to Friday, 9am to 4pm.

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. North Yorkshire contacts checked 9 November 2026. Free to print, copy and share.