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 Shropshire

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

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 Shropshire

Shropshire has two councils. Shropshire Council covers most of the county, including Shrewsbury, Oswestry and Ludlow. Telford and Wrekin Council covers Telford, Wellington and Newport. Each line says which area it is for. Some NHS and charity services cover both.

Shropshire Council adult social care. For people in the Shropshire Council area. Call First Point of Contact on 0345 678 9044, Monday to Thursday 8.45am to 5pm, Friday 8.45am to 4pm. Out of hours, for emergencies only, call 0345 678 9040 and choose option 1. shropshire.gov.uk

Telford and Wrekin Council adult social care. For people in the Telford and Wrekin Council area. Call Family Connect on 01952 385385 and choose option 2, Monday to Friday 9am to 5pm. You can also email familyconnect@telford.gov.uk or ask online. telford.gov.uk

Short-term help after a hospital stay. Ask the ward staff about help at home before you leave. Shropshire Council area: the Integrated Community Service helps people leave hospital, seven days a week. The council's START team gives short-term help at home, to help you do things for yourself again. Many people need it for only one or two weeks. Telford and Wrekin Council area: the TICAT team at the Princess Royal Hospital helps you get home with the right support. You do not pay for this short-term help. It lasts up to 6 weeks, and may end sooner.

Equipment. Equipment is lent after an assessment, often by an occupational therapist. Shropshire Council area: call 0345 678 9044. Call the same number to give equipment back. Telford and Wrekin Council area: call Family Connect on 01952 385385, option 2. Small changes such as grab rails are at no cost to you. To give equipment back, call Medequip on 0333 091 7769, Monday to Friday 8am to 6pm.

Falls. Shropshire Council area: Elevate strength and balance classes are for people aged 60 or over who feel unsteady or worried about falling. The course runs for 20 weeks. Refer yourself online at energizestw.org.uk, or call Energize on 01743 297191. Telford and Wrekin Council area: the NHS Falls Therapy Service can assess you if you have fallen, or are worried about falling.

Personal alarms. A button you wear and press for help, 24 hours a day. Shropshire Council area: ask for an assessment on 0345 678 9044. There is a charge. Telford and Wrekin Council area: if you get a means-tested benefit, ask Family Connect on 01952 385385, option 2. There is a weekly charge. Both councils' web pages list other alarm companies.

Help for carers. Shropshire Council area: call the Shropshire Carer Support team on 01743 341995. There is no cost for a carer's assessment. Telford and Wrekin Council area: the All Age Carers Centre gives free advice and support. Call 01952 240209, Monday to Friday 9am to 4.30pm. If you suddenly cannot care, the council's Emergency Response Service can give free cover at home for up to five days. In office hours, call Family Connect on 01952 385385, option 2.

Safe and Well Visit. A free home visit from Shropshire Fire and Rescue Service. They test your smoke alarms and help you plan how to get out in a fire. You may get free smoke alarms if you are over 75, have a disability or a long-term illness, or cannot fit them yourself. There is also a free online check. Find out how to book on the fire service website. shropshirefire.gov.uk

Age UK Shropshire Telford and Wrekin. Free information and advice for older people, their families and carers. It covers money, care and much more. Phone Monday to Friday, 9am to 4pm. **01743 233 123** · ageuk.org.uk/shropshireandtelford

Citizens Advice. Help with money, benefits and other problems. Shropshire Council area: call the free Adviceline on 0808 278 7894, Monday, Tuesday, Thursday and Friday, 10am to 4pm. Telford and Wrekin Council area: call freephone 0808 278 7988, Monday to Friday 9am to 4.30pm.

Healthwatch. Tell them about your health or care, good or bad, to help services improve. Healthwatch Shropshire: 01743 237884, Monday to Thursday 8.45am to 5pm. Healthwatch Telford and Wrekin: 01952 739540, Monday to Friday 9am to 5pm.

Hospital patient advice (PALS). Royal Shrewsbury Hospital: 01743 261691. Princess Royal Hospital, Telford: 01952 282888. Both are open Monday to Friday, 10am to 4pm. Robert Jones and Agnes Hunt Hospital, Oswestry: 01691 404606, Monday to Friday 9.30am to 2.30pm.

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