FREE PRINTABLE CHECKLIST FROM MOBILE PHYSIOTHERAPIST UK · LARGE PRINT

Getting moving again after a hospital stay

Leaving hospital and the first 14 days at home, with local help in Tyne and Wear

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

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 9. My 14-day record: page 11.

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 Tyne and Wear

Tyne and Wear has five councils: Newcastle, Gateshead, North Tyneside, South Tyneside and Sunderland. Each line says which area it is for. Some NHS and charity services cover more than one area.

Newcastle City Council adult social care. For people in Newcastle. Call the council on 0191 278 7878 and ask for Adult Social CarePoint, Monday to Friday, 8am to 5pm. You can also ask online. For an emergency at night or at the weekend, call the same number and ask for the Emergency Duty Team. newcastle.gov.uk

Gateshead Council adult social care. For people in Gateshead. Call Adult Social Care Direct on 0191 433 7033. The phone line is open 24 hours a day, every day. gateshead.gov.uk

North Tyneside Council adult social care. For people in North Tyneside. Call the Adult Social Care contact centre on 0191 643 2777. Out of hours, for emergencies: 0330 333 7475. mycare.northtyneside.gov.uk

South Tyneside Council adult social care. For people in South Tyneside. Call the Let's Talk team on 0191 424 6000, Monday to Thursday 8.30am to 5pm, Friday 8.30am to 4.30pm. Out of hours, for emergencies: 0191 456 2093. southtyneside.gov.uk

Sunderland City Council adult social care. For people in Sunderland. Ask for an assessment online on the council website. You can fill in the form for yourself or for someone else. If you are worried about an adult's safety, call 0191 520 5552. sunderland.gov.uk

Short-term help after a hospital stay. Ask the ward staff about help at home before you leave. Newcastle: reablement is short-

term help at home after a hospital stay. A health worker or the council will refer you. Gateshead: the council's social care team at the Queen Elizabeth Hospital is on 0191 445 2200. There is no charge for short-term help (PRIME). North Tyneside: reablement is free for up to 6 weeks. South Tyneside: Age Concern Tyneside South gives free practical help for several weeks after you get home. Call 0191 456 6903. Sunderland: Sunderland Care and Support runs a short-term reablement service.

Equipment. Newcastle: ask Adult Social CarePoint. Gateshead: ask Adult Social Care Direct. Equipment such as bath seats, commodes and chair raisers can be lent. North Tyneside: call 0191 643 2777 for an assessment. South Tyneside: ask the Let's Talk team. The council lends equipment. For walking sticks and frames, ask your GP. Sunderland: equipment is lent free after an assessment by a nurse, occupational therapist or physio. Call 0191 561 4441, Monday to Friday, 9am to 4.45pm.

Falls. Tell your GP about any fall. Your GP may refer you for more help. Sunderland: Steady On Your Feet is a free website. Answer a few questions and get your own plan to lower your risk of falling. Gateshead and North Tyneside: if you have the council's Care Call alarm, its team can come out and help you up if you fall and are not hurt. sunderland.steadyonyourfeet.org

Personal alarms. A button to press for help, 24 hours a day. Newcastle: Ostara gives a free telecare chat to find what suits you. Call 0191 277 7470. Gateshead: Care Call. There is a charge. Call 0191 478 7665. North Tyneside: Care Call. There is a charge. Call 0191 643 2777. South Tyneside: the Technology and Independence team. There is a charge. Call 0191 455 5523. Sunderland: Sunderland Care and Support runs a 24-hour telecare service. Call 0191 520 5000.

Help for carers. Newcastle: Newcastle Carers gives free help. Call 0191 275 5060, Monday to Friday, 9am to 5pm. Gateshead: Caregivers Connected Gateshead gives free help. Call 0808 801 0350, Monday to Friday, 9am to 5pm. North Tyneside: North Tyneside Carers Centre (northtynesidecarers.org.uk). South Tyneside: Connected Caring South Tyneside is free for carers aged 18 or over (connectedcaring.org.uk). Sunderland: Sunderland Carers Centre, 0191 549 3768. In Gateshead and South Tyneside a carer's assessment from the council is free.

Home Fire Safety Check. Tyne and Wear Fire and Rescue Service has a short online check. Walk round your home and answer the questions. It tells you if you can have a visit. If you can, they fit smoke alarms and give you advice. twfire.gov.uk

Age UK and Age Concern. Help and advice for older people. Age UK Gateshead: 0191 477 3559. Age UK North Tyneside: 0191 280 8484, Monday to Friday, 9am to 4.30pm. Age UK Sunderland: 0191 514 1131. South Tyneside: Age Concern Tyneside South, 0191 456 6903.

Citizens Advice. Help with money, benefits and other problems. Call Adviceline on 0800 144 8848. It is usually open Monday to Friday, 9am to 5pm, and puts you through to a local Citizens Advice. **0800 144 8848** · citizensadvice.org.uk

Healthwatch. Healthwatch is independent. Tell them about your health or social care, good or bad. Newcastle: 0808 178 9282. Gateshead: 0800 038 5116. North Tyneside: 0191 263 5321. South Tyneside: 0191 489 7952. Sunderland: 0191 514 7145.

Hospital patient advice (PALS). Royal Victoria Infirmary, Freeman Hospital, North Tyneside General Hospital and the Northumbria Specialist Emergency Care Hospital: 0800 032 0202, Monday to Friday, 9am to 4.30pm. Queen Elizabeth Hospital, Gateshead: 0800 953 0667, Monday to

Friday, 9am to 5pm. Sunderland Royal Hospital and South Tyneside District Hospital: 0800 587 6513, Monday to Friday, 9am to 4.30pm.

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						

My 14-day record (continued)

Day	Date	Got dressed	Sat out for meals	Movement as advised	Exercises as advised	How I felt, or things to ask about
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. Tyne and Wear contacts checked 16 November 2026. Free to print, copy and share.