

My Discharge Plan



My Discharge Plan is an Easy Read sheet that you can add information to about your discharge.

The information below shows you how to use it.



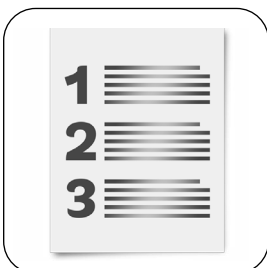
Discharge usually means when you leave hospital.



It can also be when you finish your planned sessions with a mental health worker.



Mental health workers are people who work to help you with your mental health.



A **discharge plan** lists the treatment and support you will get when you go home.

A discharge plan is sometimes called a transfer of care plan.



Treatments are things that can help you feel better.

Treatments can be therapies and medicine.



Therapies are activities your mental health workers use to support your mental health.



Medicine is sometimes called medication or drugs.

Medicine can be in

- A tablet
- A pill
- A drink
- An injection



You can use your **My Discharge Plan** to help you

- Ask questions
- Make decisions about what will happen when you are discharged



There is some important information that you need to know about your discharge.

When you understand this information you can stay safe and feel better.



You can print your **My Discharge Plan** and write on it.



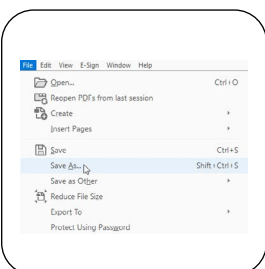
Or you can fill in your **My Discharge Plan** on the computer.



This is a PDF file. You can view it using Adobe Reader (version 8 or later).

You can download Adobe Reader at <https://get.adobe.com/uk/reader/>

Adobe Reader is a program that lets you view PDF files.



If you fill this out on a computer, to save this form choose File > Save As and rename the file.



You or someone else can write notes in the boxes.



You can ask your mental health worker to fill out this plan with you.



Someone you trust might also support you and your mental health worker to fill out this plan.



Someone you trust might be your

- Carer
- Family member



- Guardian

A **guardian** is a person who helps you make decisions about parts of your life when you cannot make decisions by yourself.



Someone you trust might also be your

- Disability workers



- Advocate

An **advocate** is someone who speaks up to get you the support you need.



- Friend



For more information about discharge visit
<https://idmhconnect.health/moving-services/ER>

My Discharge Plan



Leaving the hospital

Discharge means when you leave the hospital.

I am leaving the hospital on

date

at

time

I will go to

place

can help me get there.

name of person



Crisis support

A **crisis** is when you are in danger or are very upset.

You might be in danger if

- You want to hurt yourself
- You want to hurt someone else
- You want to die

A crisis for me looks like

e.g. I bite my hand, mumble, become very cross or angry.

If I am in a crisis I will

e.g. call someone or communicate with someone at home.

To **communicate** is how you understand and share your feelings or information.



My goals

A **goal** is something you want and take steps to reach.

My goal is

e.g. To go to lunch with the Saturday group for 2 hours every week.

I plan to reach my goal by

e.g. 1. Making a plan in my calendar, 2. Asking my support worker to drive me, 3. Letting the group know I will be coming.

My goal is

I plan to reach my goal by

If I have more than 2 goals I can print out blank copies of this page.



My medicine

Medicine is sometimes called medication or drugs.

Do I need to take medicine?

Yes

No

Tip - on a computer click the box to add a tick.

Information about my medicine

I need to take my medication until my doctor tells me to stop.

Even if I feel better.

If I need more space to write about my medications I can print out blank copies of this page.



My mental health workers

Mental health workers are people who work to help you with your mental health.

When I leave the hospital I will see

name of mental health worker

They are a

e.g. psychiatrist

Who works at

location

I will see them

at

date

time

To get to

place

I will use

transport



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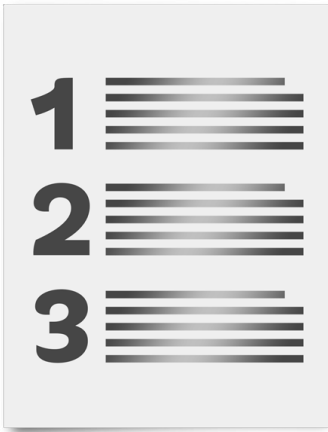
To get to

place

I will use

transport

If I have more than 2 mental health workers I can print out blank copies of this page.



Other people who will support me

You might get support from disability or other types of workers after discharge.

These workers might

- Help you to leave the hospital
- Support you to keep track of your other workers you need to see
- Support you with other areas of your health

Information about new workers who will support me

Include

- The name of the worker
- Their job e.g. support worker
- How they will support you



Questions

There are people who can help you if you have any questions after discharge about

- Your discharge plan
- Your health

If I have a question about my discharge plan or my health

I can ask

e.g. my guardian

on

e.g. phone number or email

I can contact

e.g. my GP

on

e.g. phone number or email



Checklist

A **checklist** is a list of things to think about.

You can use the checklist below to make sure you understand your discharge plan.

Tick the yes, no or NA box for each question.

NA means the question does not apply to you.

Do I understand how I am getting home?	Yes	No	NA
Do I know what to do in a crisis?	Yes	No	NA
Do I understand my goals?	Yes	No	NA
Do I understand my medication?	Yes	No	NA
Do I understand my appointments with my mental health workers?	Yes	No	NA
Do I know if other workers will support me?	Yes	No	NA
Do I know who I can ask if I have any questions?	Yes	No	NA

If you answered No to any question, ask someone you trust for support.

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Description of resource

My Discharge Plan is from the <https://idmhconnect.health/> website. The website has resources that support people with intellectual disability to get the right services and support for their mental health.

For information on how to support people to use Easy Read visit https://www.3dn.unsw.edu.au/professionals_toolkit.

The Council for Intellectual Disability reviewed this Easy Read sheet.



This is a PDF Form. Fill it out using Adobe Reader (version 8 or later) which you can download at <https://get.adobe.com/uk/reader/>

