

## No place like home: myth buster

### ***Myth: Hospital is always the best place to be for someone who is unwell***

Hospital is the right place to be for some treatments and when people are seriously unwell. But staying in hospital for longer than necessary isn't good for anyone and if a stay can be avoided, home is usually the safest place.

There are several risks associated with a hospital stay including muscle loss which can reduce someone's mobility and independence, and an increased risk of falls, confusion - known as delirium, and developing an infection. We're developing more community services to treat people in their own homes when it's safe to do so.

Senior clinicians help to decide if someone needs to be in hospital or if it is safe for them to be at home. Some people live alone and don't have friends or family nearby so might be more worried about staying at home or leaving hospital. We always look at individual needs and will only send people home, or keep people at home, when it's safe to do so and with the right support in place.

### ***Myth: People are being sent home from hospital earlier to save money***

We want to keep people out of hospital if they don't need to be there because it's not the best place for them. When people stay in hospital for longer than they need to, they may lose their independence and mobility and need extra support when they do go home. If someone does need to stay in hospital, they'll only be sent home when it's safe to do so.

The health and care system is treating more people than ever before so we need to think carefully about how we use our limited resources. It does usually cost less to treat people at home and they often recover quicker.

### ***Myth: People are being sent home before they're ready***

We'll only send someone home from hospital when it's safe to do so and they are medically well enough to leave. We've created more jobs in the community so people can continue their recovery at home with the support that they need in place. By working together across the health and care system we can start planning for home as soon as someone enters hospital to make sure plans are in place when they're ready to leave.

### ***Myth: There aren't enough services in the community***

We have recently recruited an additional 90 health and care professionals such as community nurses, physiotherapists and occupational therapists, to work in the community and help support more people out of hospital. This is just the start and we will continue to invest in our community teams with additional services and staff.

We've developed new roles to proactively identify those who might need support and will be doing more to help people stay well and manage their health conditions. Health, care and third sector organisations across north Cumbria are all working much closer together to make sure services are in place in the community when people need them.

