

North Cumbria ICC Fact sheet

Reducing and avoiding hospital stays

Staying in hospital longer than necessary is likely to reduce patients' independence and muscle strength and research shows that people often recover quicker at home.

ICCs will help people to avoid a hospital stay and if they are admitted, they will be supported to get home sooner. This will be done in a number of ways.

Discharge to assess

Planning for home will start as soon as someone is admitted to hospital and when they are medically fit to leave, they'll have their ongoing needs assessed at home. This means they don't have to stay in hospital to wait for assessments and care can be more easily tailored to their personal circumstances.

Home first

Home First teams based in A&E at the Cumberland Infirmary and West Cumberland Hospital work with patients as soon as they arrive to help them avoid a stay. They will assess what support is needed to help them remain in their own home and work with others, such as the voluntary organisations, community care or adult social care, to put this in place.

If patients are admitted to hospital, planning for home will start straight away with the help of the Home First Team, reducing delays when they are ready to leave.

Reablement

Reablement is a key element of the ICCs and aims to help people regain their independence following an illness, injury, disability or loss of personal support network by providing targeted, short term interventions from health and care teams.

Frailty co-ordinators

People living with moderate frailty will be proactively identified and supported to prevent deterioration in health and maintain independence.

Further details

Please view the Standard Operating Procedure (SOP) for operational details.