



MORAY DISCHARGE TO ASSESS



What is Discharge to Assess?

We understand that patients are happier in their own home and often improve more quickly. We will work with you to identify your goals and to support you to achieve them in a timely manner.

How long we support you depends on your needs, which will be assessed within the first few days you are at home and on ongoing basis as you recover. We are a short-term team and it is anticipated that our input will last between 1-2 weeks.

What will happen next?

You will be assessed by a team of Health and Social Care Professionals depending on your individual need, first in the Emergency Department / Hospital ward and then at home.

During your attendance a senior doctor will assess you medically and if well enough to go home, you will be referred to the Discharge to Assess team for further review and assessment of your individual needs.

We will contact you to arrange an assessment of your needs at home. When we meet we can identify what tasks you may need support with and with a rehabilitation focus, help you find ways to achieve them. Our team can support you to complete a range of daily living tasks, exercise programmes and follow up medical review for any ongoing medical concerns.

It is not expected that you will need ongoing support once our involvement ends but if you do you will be directed to the appropriate service.

Key Ambitions

- Early supported discharge back home after essential specialist care.
- Minimise time spent in hospital.
- Maximise a person's independence and / or ability at home.
- Avoid unnecessary hospital attendance or admission.

How we do this

Support timely discharge from hospital and complete assessments in a person's own environment to improve outcomes and satisfaction.

Contact Details

Moray Discharge to Assess Team:

Telephone 01343 567961
Monday – Sunday 8:30am-4:30pm
Email: gram.moraydtoa@nhs.scot

Moray Discharge to Assess Team Members

- Occupational Therapist
- Advanced Nurse Practitioner
- Physiotherapist
- Health Care Support Workers

Health Concerns

If you have concerns about your health once home, you should contact your GP surgery or NHS 24 out with surgery hours, **dial 111**.