

# **Home care is best care**

Many patients do not need to be admitted to hospital and can be treated safely at home and recover from illness better in their own environment.



## **Infection**

The risk of cross infection is usually lower at home where there are fewer unwell people under one roof. We do everything we can to prevent you from developing an infection but more than one in 10 older people will get a hospital associated infection during their admission.



## **Rest**

Most people sleep better in their own homes. Good sleep is essential when recovering from an injury or illness. Hospitals are busy places with lights, talking and noises from equipment which does not help sleep.



## **Blood clots**

One in 100 older people will develop blood clots (thrombosis) in the deep veins of the legs and lungs following an admission to hospital. This is because you are probably moving less in hospital. Daily movements at home such as a short walk between rooms or pegging out the washing can reduce the risk of clots.



## **Mental wellbeing**

With the right support at home, many people can return to their life the way that they want to. Hospitals are unfamiliar and can be very confusing which increases your risk of delirium (sudden confusion). A third of older people will experience delirium at some point during their hospital stay.



## **Physical strength**

If you stay in bed for long periods, you lose the ability to move easily, fitness and muscle strength which makes it harder for you to regain your independence. This is known as deconditioning and is experienced by more than half of older people following a hospital admission.



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