

# Local Integrated Team - care at home or another place of care

This leaflet explains how the Local Integrated Team (LIT) support you when you leave hospital.

## What matters to you

You'll discuss with us your care needs before leaving hospital. Your care needs are specific to you. We'll ask, "What matters to you?" so we can work together towards your recovery.

## How we support you

The Local Integrated Team is made up of health and social care staff who work together to provide your care at home or another place of care.

## Care at home

Carers will visit you at home to support you with daily living tasks.

This can include:

- support with personal care, such as washing, showering, dressing, and going to the toilet
- support with preparing meals
- support with leaving hospital and your recovery
- support from a therapist to regain your independence. This will be assessed at the start by our team

Carers will not support with tasks like housework and laundry.



## **Another place of care**

The team will provide short term care to help you become more independent so you can return home when possible.

Short term care can be provided in:

### **Housing with Care**

- You will have your own flat with staff there to help you.
- You will be given a list of items that you need to take with you.
- If you can't shop or cook for yourself, the team will discuss help that is available. You may need to pay a charge.

OR

### **Residential or Dementia residential care home**

- You will have your own room in a care home, and staff will be there to look after you. You may get support from therapists depending on your needs.
- Carers will help you with daily tasks, like washing, showering, dressing, and using the toilet.
- You will need to bring your own clothing and toiletries.

## **Recovery**

We are a team who encourage you to be as independent as possible with our support.

Your care and therapy will be reviewed regularly. This is to make sure your needs are met, and you're being supported to regain your independence.

This support is for 6 weeks, but you may require this for less time. We'll discuss this with you.

We'll discuss your options with you if your needs cannot be met at home. We'll discuss options that may prevent you coming back to hospital.

## Assessment

We'll assess your care and support needs. It's possible there may be costs from the first day of your social care assessment.

You'll receive help with a financial assessment and a member of the team will explain help that's available.

## Contact information

**Local Integrated Team** phone 02476 833003

If you require this information in another language or format, please email [ascdirect@coventry.gov.uk](mailto:ascdirect@coventry.gov.uk) or phone 02476 833033

UHCW has a smoke free policy.

### Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:  
[www.uhcw.nhs.uk/feedback](http://www.uhcw.nhs.uk/feedback)

