



Information for Users of the Service

Could you use some support when you are discharged from hospital?

ACT provides practical help for those discharged from hospital who live in Suffolk, on a short term basis. Typically we will support you for around 4 weeks to help you regain your independence.



To be eligible for our support you need to:

- Be over the age of 18
- Live in Suffolk
- Be about to be discharged from hospital or be within 10 working days of your discharge
- Have no family or friends who can provide you with the practical support you need when discharged
- Be able to benefit from our support to improve your reablement, recovery or rehabilitation

What type of support can you get from the SDS team?

The aim of this service is to support the NHS and other referring agencies to get you home and get you back to independence as soon as possible.

If you have no other form of support at home, we can help you to overcome the barriers to discharge by providing support with day-to-day living for a fixed period of time, normally between 4-6 weeks, helping to get you home and then help with everyday chores such as shopping, preparing meals and support to attend appointments.

We can also support you to feel more connected to your local community, talking to other agencies and groups who could help you in the longer term and providing a warm handover to them.

Our experienced team of staff and volunteers can help monitor your welfare and ensure you are on the right road to recovery and regaining your independence. We will tailor the support for your individual needs.

Support

How to get in contact



For more information on the support we provide either speak to your treatment care provider or call us directly on the numbers below:

East Suffolk: 01473 527437

West Suffolk: 01473 527438

Monday to Friday 9am to 8pm, Saturday and Bank Holidays 10am to 4pm
You can also email us on admin@angliacaretrust.org.uk or call our Business Support Team on 01473 622888

Have you ever thought about Volunteering?

If you've benefited from our support and would like to get involved, or you feel that this is the type of volunteering that would suit you, please get in touch. Email us for more information: volunteer@angliacaretrust.org.uk

Anglia Care Trust is a company limited by Guarantee No: 2223103

Registered Charity No: 299049

Registered Office: Unit 8 The Square, Martlesham Heath, Ipswich, Suffolk IP5 3SL

01473 622888

admin@angliacaretrust.org.uk / www.angliacaretrust.org.uk