



MANAGING YOUR HEALTH



WHAT DO YOU DO AT HOME?



I make sure I move around



I know my health needs



I don't let my medicines run out



I keep myself active



I call my GP if I don't feel well



I wash and dress myself

MOST OF WHAT YOU DO EVERY DAY FOR YOURSELF STOPS WHEN YOU GO TO HOSPITAL! WHAT DO YOU THINK OF THIS?



It's good – because I'm poorly and need care

It's not great – I like to do things for myself



When you are able, it's better to do things for yourself and keep track of your care. This makes returning home safer and easier for you.

Our research idea

The 'Your Care Needs You!' approach helps to keep you 'in the know' and moving about more in the hospital. This makes it easier and safer to go home.

It includes a booklet, an advice leaflet for managing at home and a short film that patients can watch in hospital. Hospital staff are trained to encourage patients to know more and do more.



What we found

In our trial, we found that people who got 'Your Care Needs You':

- Fell less often;
- Had fewer problems with medicines;
- Found it easier to get appointments;
- and had fewer admissions back into hospital.

WHAT DOES THIS MEAN FOR YOU?



Your Care Needs You helps people help themselves – **'knowing more'** and **'doing more'** in hospital is good for people.

So tell your friends and family, if they ever find themselves in hospital, **keep asking questions**, and **be better prepared** for returning home.