

SCARSTORIES · A LITTLE COMPANY ON THE WAY

Recovering when I live alone

Plan practical support before discharge.

Access, communication and support

Questions for an individual conversation with your care team.

Plan practical support before discharge. These questions can help you ask for an individual plan. Answers depend on your situation and the people responsible for your care.

Questions to take to my team

☐ What help must be in place before I go home alone?

☐ Who can arrange home care, transport, meals or a temporary place to recover?

For discussion and personal reference. Your care team's individual instructions take priority. For an emergency, contact your local emergency service; do not wait for a community reply.