

# Care home beds for rehabilitation



Information sheet D5

January 2020

## What is a care home bed for rehabilitation?

These are short-term care home beds that can be used when you are medically fit to be discharged from hospital but need more rehabilitation before you can return home or, to help you make decisions about the best way for your needs to be met.

Sometimes they are called "step beds" because they are a step between hospital and home.

## Why would I need a step bed?

You may have lost your confidence, be worried about managing at night, or need more rehabilitation. Step beds can also be used to help prevent you being admitted to hospital, but when you need a level of care that temporarily prevents you from staying at home.

## How much will it cost?

You could use the step bed for up to six weeks depending on your needs. You will not have to pay for using this bed if it is obvious that your rehabilitation will be successful. If you need it for longer than six weeks there may be a charge based on a means test.

## What will be expected of me?

We will ask you and your carer to be involved in planning your care and recovery. This service is designed so that you can be actively involved in regaining your independence before you return home.

## What can I expect?

From the start of your stay we will be planning a date with you for your return home. Health and social care staff will develop your care and support plan with you. This will be used by staff in the care home to help you regain your independence. If you are not able to return home, we will talk with you about other care that might be right for you.

You will be involved in reviewing your care and support plan regularly, with support from the people who are working with you.

### **Other useful information**

You may also find these information sheets useful:

- B3: Home care
- B9: Short term care package to help prevent you going to hospital.
- B10: Help in hospital and when you go home
- B12: Home from hospital services

### **Your opportunity to feedback**

We welcome your comments about the services you receive. If you would like to tell us what you think, please either:

- Contact us by going to our website, [www.somerset.gov.uk](http://www.somerset.gov.uk), or
- Speak to your social care worker
- Phone Somerset Direct on 0300 123 2224, or
- Contact the Adults and Health Customer Experience Officer  
Floor B2 East  
County Hall  
Taunton  
TA1 4DY  
Email: [customerexperience@somerset.gov.uk](mailto:customerexperience@somerset.gov.uk)

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