

The Meningitis Trust is here to help you, when you need us and for as long as you need us.

Meningitis can strike in an instant, but its impact can last a lifetime. We know that meningitis and septicaemia can turn your world upside down.

We help and support around 20,000 people every year, providing a range of FREE services. We can:

- Listen; and answer your questions about meningitis and its life-changing impact.
- Talk to you about your individual experience and how we can tailor our help to you.
- Visit you in your own home and provide support locally to you.
- Put you in touch with others who have been through it too.
- Provide financial assistance to help make life that little bit easier.
- Support you and those closest to you – children, teenagers and adults.
- Make you a priority; we have no waiting lists for our services.

If you are interested in finding out how we can help, give us a call and we can talk everything through. Requesting a **home visit can be a great starting point.**

 **24-hour nurse-led helpline**
0808 80 10 388

Front cover: Noah, pneumococcal meningitis aged 18 months

You can make a difference

We are proud of the work we do, but we can't do it alone. We rely on voluntary donations and need help from people like you. Every penny, pound, hour and day given makes a big difference. Here's how:

Be a volunteer

If you have some spare time or energy, there are many ways you can help us reach more people and raise awareness of meningitis.

www.meningitis-trust.org/volunteer

Share your experience

Sharing your experience of meningitis can empower others to ask for the information and support they need to help with their own recovery.

www.meningitis-trust.org/share

Raise some money

Take part in an extreme challenge or have a coffee with your friends; there are many ways to raise money and have fun doing it.

www.meningitis-trust.org/fundraising

Give some money

By giving a single donation, setting up a direct debit or leaving a legacy, you can help make a real difference.

www.meningitis-trust.org/give-a-donation

24-hour freephone nurse-led helpline

0808 80 10 388

www.meningitis-trust.org

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**Meningitis
Trust.**

Home from hospital



"Being given information about the Trust when I was leaving hospital was invaluable."

Stephanie, bacterial meningitis 2010

Home from hospital after meningitis or meningococcal septicaemia

After receiving expert care in hospital, you can understandably feel anxious about returning home.

Meningitis* and meningococcal septicaemia are serious diseases that can affect anyone at any time. At the Meningitis Trust we understand that while most people are pleased to return home it can be an uncertain and worrying time. This leaflet provides information for everyone about what to expect when leaving hospital, and how we can provide help and support for life.

Serious and potential long-term after-effects of meningitis are usually identified whilst a person is still in hospital.

Most people who have meningitis make a good recovery, but some may suffer after-effects. These can range from mild to more serious and disabling. After-effects can include headaches, fatigue, hearing loss, skin damage and limb loss.

You should be given information about possible after-effects and where to seek further medical advice.

"A home visit from the Meningitis Trust soon after leaving hospital was a great comfort. I was put in touch with someone who had a similar experience to me and hearing the words 'I know how you feel' really helped."

*Meningitis is used to describe meningitis and meningococcal septicaemia

Follow-up care should be discussed with you before leaving hospital.

An individual plan for future treatment, care and support should be made before discharge.

- Ask for information and contact details for further care and patient support.
- The hospital should tell your GP, health visitor and school nurse (for children) that you have had meningitis.
- It is vital that a hearing test is done within four weeks of the patient being well enough to test, because hearing loss is the most common after-effect of meningitis.
- **Everyone** should be offered a follow-up appointment around four to six weeks after leaving hospital. This is to discuss how the recovery process is going and any potential complications you might be concerned about.

All health professionals should be aware of the possible late onset of after-effects. If you are concerned about your recovery or possible complications at any time, speak to your GP or ask to be referred back to the hospital where you received your care.

Sometimes it's only when trying to get back to everyday activities that it becomes apparent that life is not the same.

For adults, getting back to work can be a huge pressure.

We have resources that can help your employer understand what meningitis is and the effects it can have. Most people find a gradual return allows them and their employers time to adjust.

For children, adolescents and young adults, returning to education is the goal.

This can be a difficult time, trying to catch up on work missed and seeing friends again. Many children struggle getting back to school life. Even with a good recovery, problems can occur as children grow and try to adapt to new environments.

The Meningitis Trust is campaigning for regular assessments, to ensure that everyone gets the education they deserve with the help and support they need.



The Meningitis Trust provides a 24-hour Freephone helpline.

Call 0808 80 10 388

You can talk to our experienced staff about any questions or concerns you might have. They can explain the kind of help we can offer or simply be there to listen.

Our community team, including nurses, works all over the UK, ensuring help is close by.

After leaving hospital we can arrange a home visit to let you talk about your experience and tell you about the ways we can offer support. In some circumstances, it may be possible to arrange a visit in hospital before discharge.

We work with a range of specialist professionals to provide emotional, practical and financial support whenever it is needed, for as long as it is needed. We never want anyone to suffer alone.

We can provide counselling, creative therapies, financial support grants and the opportunity for people who have had a similar experience to support each other, by phone, e-mail or through our online communities such as Facebook.

Lyndon (centre) with his brothers. Meningococcal septicaemia aged 8 months