



Complex Discharge Team  
**Bridging the gap from Hospital to Home**  
Service Information Leaflet

### Who are we?

The Complex Discharge Team work within the hospital to provide a holistic approach to preparing for discharge. We are a team that are child and family focussed and are dedicated to ensuring a safe and effective discharge from Alder Hey back into the child's home and local community.

Our aim, working alongside the ward team, is to support a safe and timely discharge as soon as is clinically appropriate. This includes acting as a bridge between hospital and community to resolve any issues the family may be having in relation to housing, equipment, care packages and support.

The right intervention early on will help to ensure that children and their families receive the best hospital experience possible, including on the way home, no matter the journey taken!

### What is our role?

A weekly 'Complex Discharge Ward Round' which takes place each Tuesday morning, provides the opportunity for ward staff to raise any issues and seek timely advice and guidance from the Complex Discharge Team. This can be support for children and their families in terms of housing, financial support, help with equipment or liaison with community health services to facilitate a safe discharge from hospital.

### Multi Disciplinary Team (MDT) Meetings

MDT meetings can be arranged at regular intervals as needed for children who have a length of stay of more than 7 days. These meetings are to bring together all the teams around the child to update, problem solve and better co-ordinate a plan going forwards. These can be completed virtually with professionals and families using Microsoft teams to ensure all parties are able to attend.

### Meet the Team



#### **Cathryn Livingstone**

Team Lead and Specialist Occupational Therapist

Cathryn undertakes Occupational Therapy assessments and planning, particularly in relation to any equipment or housing needs and provides advice regarding equipment and adaptations for the home.



#### **Mark McNulty**

Complex Discharge Lead Nurse

Mark is a dual qualified nurse / social worker and can provide support around early help Assessments, social care referrals and Continuing Care eligibility checklists and assessments for those children who are likely to require a care package to live safely at home.





**Sarah Campbell**

Short Breaks and Early Help Social Worker  
Sarah is a Liverpool City Council social worker able to link families in to the local Early Help Offer, including short breaks. She can provide specialist social care advice and support in relation to the social impact of a child’s complex health needs on them and their family.



**Claire Morgan**

Operational Support Manager  
Claire provides the day to day operational support for the Complex Discharge Team, including the facilitation of MDT’s when and where required. She is the ‘Single Point of Contact’ for complex discharge.

**Carol Rowlands**

Head of Nursing Community and Mental Health Division

**Lindsey Marlon**

Service Manager

**Jane Ratcliffe**

Consultant Paediatrician and Acting Medical Lead



**CONTACT**

**Email:**

Complex.discharge@alderhey.nhs.uk

**Find us on Twitter:**

@CDTAlderHey

**Working Hours: 9am-5pm Monday - Friday**

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child’s treatment. This information can be made available in other languages and formats if requested.

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