



HOSPITAL TO HOME

DISCHARGE PLANNING CHECKLIST

It is never too soon to start planning. As a family member of a loved one preparing to leave a hospital or other care setting, you can use this checklist to help them prepare for discharge.

- Ask the doctor and/or staff about your family member's health condition. Are there any symptoms that you must report right away, such as fever, intense pain, or shortness of breath? Will it be safe to leave your family member alone?
- Write down any medications that your family member will need to take and the corresponding instructions. Does the medication have any side effects? Can it be taken with other medications? Will my family member's insurance pay for these medications?
- Will your family member require assistive devices, like a cane, wheelchair, walker, or grab bars?
- Will your family member need a shower chair, oxygen supply, or other medical equipment or supplies?
- Ask if the family member should receive help with bathing, dressing, using the bathroom, climbing stairs, or other tasks.
- Make sure the family member's home is comfortable and safe for their return. Have a place for important information, such as a bulletin board, notebook, or a drawer.
- Ask the doctor if there are certain foods your family member can or cannot eat.
- Make sure you have the phone number for the doctor, as well as any home care agency involved with your family member's care.



Our caregivers are trained to prepare your home and loved one for the hospital discharge process. If you need any assistance, please contact us.

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