Hospital Discharge Checklist

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# Tasks:

☐ **Things to do before you go home**

☐ **Speak to a hospital staff member about how long it might be before you will be feeling better and can expect to resume usual activities.**

☐ **Make sure you understand about what you can and can't do when you go home.**

☐ **Ask staff questions about what has happened to you and what changes you can expect in your health and daily activities once you return home.**

☐ **Check when you are required to next see your healthcare professional.**

☐ **Getting Home Successfully**

☐ **Check if you, or your family, have the keys to your home.**

☐ **Decide how will you get home from hospital.**

☐ **Check if you have sufficient money with you for the first few days out of hospital.**

☐ **Check if your home need to be cleaned before you get out of hospital.**

☐ **Make sure there are fresh groceries at home in preparation for discharge.**

☐ **Check if you have adequate heating/cooling immediately you get home.**

☐ **Check if you need to pay any urgent bills in the first few days after going home.**

☐ **Contact your family/friends to advise them that you are going home.**

☐ **Someone to care for you**

☐ **Make sure you have a carer who can assist you with aspects of daily living after you leave hospital.**

☐ **Discuss with your carer what he/she might need to do for you, and how often this will happen.**

☐ **Make sure you and your carer are confident that you can both manage every day.**

☐ **Check the arrangements for pets, garden and house care that you made while you are in hospital, and after you go home.**

☐ **Medications**

☐ **Make sure you have a list of any medications and the required dosage, any prescriptions.**

☐ **Check if you need more education and/or assistance with your medications before you leave hospital.**

☐ **Make sure you understand about how any new medications work.**

☐ **Check if you have enough medication to last for the first few days after discharge.**

☐ **Services and equipment that could help you manage at home**

☐ **Check if your community health or support services know you are in hospital.**

☐ **Make sure these services to be available for you as soon as you leave hospital.**

☐ **Check if new community health or support services have been arranged for you.**

☐ **Check if you need any equipment to help you manage in your house**

☐ **Check if you're confident in using the equipment you have been given whilst in hospital.**

☐ **If you already have equipment at home, check if it will still be adequate.**