

# Hospital Discharge Checklist

By Nicole Nichols-West

- 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.