

## Getting Ready to Go Home

Preparation is the key to making a smooth transition from the hospital to your home. Review the questions below and talk to your doctor, discharge planner or nurse about your questions or concerns.

### Transportation to your home

**Is there someone who can pick you up from the hospital and take you home?**

**YES** → Do they need to take off work? Speak to your discharge planner or nurse to plan a date and time for discharge.

**NO** → Speak with the nurse or discharge planner to arrange transportation.

### Medications

If you have questions about your medications, ask your nurse, pharmacist or doctor to help you understand.

**Are you able to get your prescriptions filled when you leave the hospital?**

A nurse, discharge planner or pharmacist can help make arrangements.

**Do you understand what your medications are supposed to do?**

**How often should you take them?**

**How many should you take?**

**For what side effects should you call your doctor?**

### Medical supplies

**Do you need any medical supplies (for example surgical wound dressings, or oxygen)?**

You may be able to get these supplies before leaving the hospital or have family members pick them up before you go home.

### Follow-up Appointments

You will likely need to see a health care provider a few days or weeks after this hospitalization. If you think you may have trouble with transportation, speak to the nurse, discharge planner or social worker before leaving the hospital.

**Who is making your follow-up appointments?**

**What is the time and location of your appointment? What is the doctor's name?**

**Will you have transportation to the appointment?**

### **Moving about your home**

Sometimes after a serious illness or surgery, people may have trouble getting in and out a chair, bed or bathtub or climbing stairs. It may not always be possible for family to help. It is important to avoid a fall. It is also important to avoid inactivity. Speak with the nurse, discharge planner or physical therapist to discuss a plan for moving around.

**Will you need physical aids in the home, such as a bedside commode or bathroom grab bars?**

**Should you speak with a physical therapist to determine if you could benefit from the use of a cane or walker?**

**Should you have a “LifeLine” installed to summon help quickly in the event of a fall?**

### **Groceries and Meal Planning**

It is important to eat well during your recovery. You may need help grocery shopping and bending to reach food, pots, pans, and plates on lower shelves. If you are unable to drive because of your condition, ask family or friends to do some grocery shopping for you or deliver meals when you first arrive home. Also, be sure to check that refrigerated food did not spoil while you were away.

**Can family or a friend drive you to the store or do shopping for you?**

**Can family or a friend move food, plates and pots to easy to reach shelves?**

### **Treatments**

For most people leaving the hospital, ongoing treatment and management is necessary. You might need to change wound dressings, perform certain exercises, or keep a certain diet. Be sure you understand how to manage your condition. Your doctor may also order home health services. Your nurse or discharge planner can explain what to expect in terms of services, frequency of visits, and insurance coverage.

**What should you do at home to help manage your condition?**

**Should you follow a special diet?**

**Should you do any special exercises?**

**Do you need any home health services? What type? How often?**

**Does your insurance cover home health services ordered by your doctor?**

### **Financial Concerns**

If you have any concerns about utilities, paying for medications or ongoing therapy, please contact the social worker. There may be assistance available.