Hospital discharge in 72 hours

What to ask, what to order and what to fix at home, in the order that actually works.

Use it when: The ward has said your parent is medically ready to go home.

Before you agree to a date

- [ ] Ask for the discharge summary in writing
- [ ] Ask for the medication list, including anything stopped
- [ ] Get the name and number of the discharge coordinator
- [ ] Ask which care tasks are needed, in their words
  Wound care, injections and catheters mean a nurse. Everything else is usually a care worker.
- [ ] Ask the medical social worker for an AIC referral, or a community hospital stay

Equipment — the usual bottleneck

- [ ] Raised toilet seat or commode
- [ ] Walker or wheelchair, correctly sized
- [ ] Transfer belt, and a lift if two people are needed
- [ ] Hospital bed, if stairs or bed height are a problem
- [ ] Confirm the delivery date before the discharge date
  Equipment routinely takes longer to arrive than care does.

Care for the first ten days

- [ ] Book paid care from day one
- [ ] Ask AIC how long the referral will take
- [ ] Ask each provider to confirm they can start on your date
  'We should be able to' is not a yes.
- [ ] Agree who is on call overnight for the first three nights

The house, before they arrive

- [ ] Clear the route from bed to bathroom
- [ ] Take up loose rugs and trailing cables
- [ ] Put a light and a phone within reach of the bed
- [ ] Move daily items to waist height
- [ ] Fill the prescriptions — do not leave it until the drive home
- [ ] Put emergency numbers somewhere visible
  Emergency services: 995 for an ambulance, 999 for police.

In an emergency, call 995 for an ambulance, 999 for police.

Free to print and share. Nothing on this checklist was sent to SeniorCareZ or anyone else.