


Checklist for families

The medical team can help patients and families get ready to leave the hospital. It is important to be ready before the patient leaves the hospital. Patients who are ready may get better faster. Being ready to leave the hospital may help keep patients from coming back, too. It takes a few days to get ready to leave the hospital. This checklist will help you plan.

How to use the checklist

As a family member, you should:

- Look at the checklist while your loved one is in the hospital.
- Talk about the checklist with the medical team.
- Check the box next to things you have done. You can skip things you don't have to do.
- Write down your notes and questions.

 Planning for Your Loved One's Return from the Hospital	Answered
Do you understand your loved one's illness and health?	<input type="checkbox"/>
How has his or her health changed? What is supposed to happen next?	<input type="checkbox"/>
When will your loved one be able to leave the hospital?	<input type="checkbox"/>
How will the medical team know your loved one is getting better?	<input type="checkbox"/>
Do you know what problems to watch for? Do you know how to handle them?	<input type="checkbox"/>
Do you understand the medicines your loved one takes?	<input type="checkbox"/>
Do you know what these medicines are for?	<input type="checkbox"/>
Do you know how he or she should take the medicines?	<input type="checkbox"/>
Do you know what problems to watch for?	<input type="checkbox"/>
Do you know who to call if you have questions?	<input type="checkbox"/>
Does the medical team know all the medicines your loved one was taking before coming to the hospital? Have you asked whether he or she still needs to take them?	<input type="checkbox"/>

 Planning for Your Loved One’s Return from the Hospital	Answered
Do you understand the care your loved one will need after leaving the hospital?	<input type="checkbox"/>
Do you know what medical equipment (like a walker) your loved one will need? Will you need help with this equipment?	<input type="checkbox"/>
Do you know how to care for your loved one’s wounds? Can you change bandages? Do you need someone to help you?	<input type="checkbox"/>
Does your loved one need infusions or shots? If so, do you know how to give them? Do you need help giving them?	<input type="checkbox"/>
Will your loved one need help to take a bath, get dressed, or use the bathroom? Do you need someone else to help?	<input type="checkbox"/>
Do you understand the test results?	<input type="checkbox"/>
Do you know what daily life will be like when your loved one leaves the hospital?	<input type="checkbox"/>
Do you know where he or she will get care? Do you know who will be helping?	<input type="checkbox"/>
Did someone talk with you about where your loved one can go?	<input type="checkbox"/>
Do you know about the goals your loved one has? Do you know what he or she wants?	<input type="checkbox"/>
Do you know whether you and your loved one will need things at home?	<input type="checkbox"/>
Will you need help with shopping, cooking, cleaning, or paying bills?	<input type="checkbox"/>
Will you need help to get to appointments? Will you be able to get the medicine he or she needs?	<input type="checkbox"/>
Are you worried about the stress of helping your loved one?	<input type="checkbox"/>
Do you know what appointments and tests your loved one will need?	<input type="checkbox"/>
Do you have a list of appointments? Do you know where they are?	<input type="checkbox"/>
Will you be able to take your loved one to these appointments?	<input type="checkbox"/>
Do you know who to call if there is a problem?	<input type="checkbox"/>
Do you have the discharge instructions in writing?	<input type="checkbox"/>
Do they make sense? Did the medical team answer your questions?	<input type="checkbox"/>
Do the instructions explain your loved one’s illness?	<input type="checkbox"/>
Is there a list of his or her medications?	<input type="checkbox"/>

