

	Care recipient ✓	Caregiver ✓
<b>Preparing and planning ahead</b>		
<b>1. I know who my discharge planner is.</b> <ul style="list-style-type: none"> <li>• I've talked to the discharge planner and know what I have to do.</li> <li>• My partner, family member, or friend will help me, has talked to the planner, and knows what to do.</li> </ul>		
<b>2. I've made plans for my care after I leave the hospital.</b> <ul style="list-style-type: none"> <li>• I've made arrangements at my job, if needed.</li> <li>• I've found out about home care services, if needed.</li> <li>• I've set up my home for medical equipment, if needed.</li> <li>• I've found out what services I can get from my provincial health plan or private insurance.</li> </ul>		
<b>3. If I'm going to another healthcare setting, I understand why and where I'm going.</b> <ul style="list-style-type: none"> <li>• I know what type of care I'll be getting.</li> <li>• I know about how long I'll be there.</li> </ul>		
<b>The discharge plan</b>		
<b>1. I have received a written discharge plan.</b> <ul style="list-style-type: none"> <li>• It lists all the medicines I need.</li> <li>• It lists all the health tasks I need to do.</li> <li>• I understand how to perform them.</li> <li>• It lists all doctors or others I may need to call and their numbers.</li> <li>• I agree with the plan.</li> <li>• If I don't agree, I know how to challenge the plan.</li> </ul>		
<b>Health concerns</b>		
<b>1. I know what problems to watch for and what to do.</b> <ul style="list-style-type: none"> <li>• I know which symptoms, side effects or other problems to expect.</li> <li>• I know what to do about these problems.</li> <li>• I know who to call in an emergency.</li> </ul>		
<b>2. I understand my medicines.</b> <ul style="list-style-type: none"> <li>• I know which medicines are new, which I have to stop taking and if any medications' dosages have changed.</li> <li>• I know what each medicine does and why I'm taking it.</li> <li>• I know how and when to take the medicines.</li> <li>• I know what side effects to watch for, and who to call for help.</li> </ul>		
<b>3. I understand what to do during my recovery.</b> <ul style="list-style-type: none"> <li>• I know what I can and can't eat.</li> <li>• I know how active I can be.</li> <li>• I've asked about any special instructions.</li> </ul>		
<b>Getting help at home</b>		
<b>1. I understand how to use my medical equipment</b> (e.g. walker, oxygen). <ul style="list-style-type: none"> <li>• I know who to call if I have questions about the equipment.</li> </ul>		
<b>2. I know the type of help I'll need.</b> This may include: <ul style="list-style-type: none"> <li>• Dressing, bathing and using the bathroom</li> <li>• Shopping, cooking and housework</li> <li>• I or my caregiver know how to change bandages or give shots.</li> <li>• I've asked my doctor or nurse what other help I may need.</li> </ul>		
<b>3. I know that my health and care may cause stress.</b> <ul style="list-style-type: none"> <li>• I know the signs of stress and depression.</li> <li>• I know how to manage stress.</li> <li>• I know where to turn for support if needed.</li> <li>• I know that my caregiver may need a break.</li> <li>• My caregiver needs help if they show signs of stress or depression.</li> </ul>		