

The purpose of this checklist is to help the caregiver and care recipient make the transition from hospital to home as smooth as possible. It is not intended to be a substitute for any care plan.

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