



Hospital Discharge Planning Checklist

A checklist for the days before and after a hospital discharge, so the move home is organized and nothing important is missed.

For: Families preparing for a loved one to come home from hospital

Before leaving the hospital

- ☐ Ask for written discharge instructions and read them before leaving
- ☐ Ask the hospital team who to call with medical questions after discharge
- ☐ Ask which symptoms or changes should prompt a call to the doctor, and write them down
- ☐ Confirm follow-up appointments, with dates and addresses
- ☐ Ask whether any equipment (for example a walker or shower chair) is recommended, and how to get it
- ☐ Get an updated medication list from the hospital team

Preparing the home

- ☐ Clear walkways and remove loose rugs
- ☐ Make the bedroom, bathroom, and kitchen easy to reach
- ☐ Stock easy meals and drinks for the first days
- ☐ Put a phone and the list of contacts within reach of the bed and chair

Planning support

- ☐ Who will be at home on the first day and night?
- ☐ Which tasks need help: washing, dressing, meals, getting around?
- ☐ Who will provide transportation to follow-up appointments?
- ☐ If arranging non-medical home care, share the discharge date and instructions with the agency as early as possible

The first weeks at home

- ☐ Keep the discharge instructions somewhere everyone can see them

- ☐ Note questions for the follow-up appointment as they come up
- ☐ Review support each week and adjust as strength returns

Prepared by Frontline Aide from the information on our website about how non-medical home care is arranged. This guide is general information to help you plan. It is not medical, legal, or financial advice and has not been reviewed by a clinician. For health questions, speak with the person's own doctor or care team.