

CAHE Discharge Planning Checklist for Patient & Carers

This checklist is to prompt you (the patient) and your carer, family and friends to consider a range of practical aspects about your return home after being in hospital. It is very important that, during the time you are in hospital, you make time to talk through all of the items on this list with your visitors to make sure that you are fully prepared for discharge.

The items on this list have been identified by other patients like you, as things that worried them after they had been discharged from hospital, and which they wished had been brought to their attention before discharge. Being safe and confident after leaving hospital will happen if you consider the practical aspects of managing at home when you are not feeling the best. This checklist will get you started. Not all the concerns on this checklist may be relevant to you, and there may be other things that we have not mentioned that are important. Please write these down and sort them out before going home.

Remember, if there are any issues that worry you about going home, make sure that you have worked out a solution before you leave hospital! If you cannot find a solution yourself, your nurses and doctors can advise you and can help you make plans. Don't leave any problem to sort itself out!

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Getting Home Successfully

1. Do you, or your family, have the keys to your home? Yes No

If this is a problem, how can it be solved?

2. How will you get home from hospital? _____

If this is a problem, how can it be solved?

3. Do you have sufficient money with you for the first few days out of hospital? Yes No

If NO, can you arrange to have money available? Yes No

If this is a problem, how can it be solved?

4. Does your home need to be cleaned before you get out of hospital?

Yes No

If yes, who can do this for? _____

If this is a problem, how can it be solved?

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5. Are there fresh groceries at home in preparation for discharge? (e.g. fresh bread, milk, fruit, meat and vegetables?) Yes No

If NO, is there anyone who can organise these for you?? _____

If this is a problem, how can it be solved?

6. Do you have adequate heating/cooling immediately you get home? Yes No

If this is a problem, how can it be solved?

7. A. Do you need to pay any urgent bills in the first few days after going home? Yes No

B. Who might help you do this? _____

8. Do family/friends need to be contacted to advise them that you are going home? Yes No

If YES, who will do this?

If this is a problem, how can it be solved?

9. Does anything else worry you about going home? Yes No

If this is a problem, how can it be solved?

Staying at Home Safely

10. Do you feel confident about preparing and eating food when you go home? Yes No

If this is a problem, how can it be solved?

11. Do you have adequate lighting in your house, particularly over steps, in the bathroom and toilet?

Yes No

If NO, can you organise short term solutions?

If this is a problem, how can it be solved?

12. Would you like to take home a brochure or information about personal alarms, or other services?

Yes No

If this is a problem, how can it be solved?

13. Does anything else worry you about going home? Yes No

If this is a problem, how can it be solved?

Avoiding Isolation

14. Is there anyone who can give you a phone call every day for the first few weeks that you are home?

Yes No

If this is a problem, how can it be solved?

Someone to care for you

15. A. Do you have a carer (someone who can assist you with aspects of daily living after you leave hospital)? Yes No

If NO, do you need assistance at home? Yes No

B. If YES, does this person live at the same address as you? Yes No

If this is a problem, how can it be solved?

C. Have you discussed with this person what they might need to do for you, and how often this will happen? Yes No

D. Are you and your carer confident that you can both manage every day? Yes No

If NO, you will both need to discuss this with hospital staff and work out a solution.

There may be someone who could come and stay with you for a night or two.

Are you a carer for someone else?

16. A. Do you regularly care for someone else? (an ill spouse, child, friend, neighbor or grandchild, etc?) Yes No

B. What arrangements have been made for this person whilst you are in hospital? _____

C. What arrangements need to be made to assist you both when you go home? _____

Your General Medical PRACTITIONER (GP)

17. A. Do you have a regular GP? Yes No

If this is a problem, how can it be solved?

B. Do you see more than one GP? Yes No

C. Which GP needs to be told about your trip to hospital?

D. Does he/she do home visits? Yes No

E. Who will let him/her know that you are coming home from hospital? _____

Medications

18. Do you feel you need more education and/or assistance with your medications before you leave hospital? Yes No

If this is a problem, how can it be solved?

19. Do you understand about how any new medications work along with the ones you were taking previously? Yes No

If this is a problem, how can it be solved?

20. Are you taking any herbal / naturopathic remedies? Yes No

If YES, make sure you tell hospital staff about these, as some can react with your medications

21. A. Do you have enough medication to last for the first few days after discharge?

Yes No

If NO, how will you obtain your medications?

B. Within the next few days, you may well need to visit your GP for further supply of your medications and then arrange for the prescription to be filled by a pharmacist. Think about how you will do this.

Services that could help you manage at home.

22. A. Were you receiving community health or support services before coming to hospital?

Yes No

B. Do these services know you are in hospital? Yes No

C. Are you expecting these services to be available for you as soon as you leave hospital?

Yes No

If Yes, make sure that someone tells the service when you are going home

23. Do you know if new community health or support services have been arranged for you?

Yes No

Make sure you have their details so you can follow them up

Equipment that could help you manage at home.

24. A. Do you feel you need any equipment to help you manage in your house (e.g. walking frame, stick, rails etc)? Yes No

If YES, do you have all the advice that you need?

- B. If you have been given equipment whilst in hospital, are you confident that you can use it properly at home? Yes No

If this is a problem, how can it be solved?

- C. Are you expecting these services to be available for you as soon as you leave hospital?

Yes No

If Yes, make sure that someone tells the service when you are going home

25. If you already have equipment at home, will it still be adequate?

Yes No

If this is a problem, how can it be solved?

Pets, garden and house care

26. A. What arrangements have you made for your pets while you are in hospital, and after you go home:
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- B. Are you worried about managing your pets when you go home?

Yes No

If this is a problem, how can it be solved?

27. A. Do you think you can manage the house and garden when you go home:

Yes No

B. Do you know of anyone who could help you with house or garden chores?

Yes No

If NO, do you know who to contact for assistance?

Driving and transport

28. A. Do you drive a car?

Yes No

B. If YES, have you discussed with staff whether you are still well enough to do this??

Yes No

Make sure that you ask hospital staff before you leave, when you might expect to return to driving.

C. If you are unable to drive, what alternatives are available to you for transport? _____

D. *Think about how many times you currently go out to shop each week.* Will your shopping habits have to change if you can no longer drive a car? Yes No

If this is a problem, how can it be solved?

Things to do before you go home

Speak to at least one hospital staff member about how long it might be before you will be feeling better and can expect to resume usual activities. If your physical abilities have changed as a result of your illness, make sure you understand about what you can and can't do when you go home.

Ask staff questions about what has happened to you and what changes you can expect in your health and daily activities once you return home. Make sure you have a list of any medications and the required dosage, any prescriptions that you need to have, information about your medications and when you next need to have your dosages/medications assessed by your healthcare practitioner.

It's a good idea to have written information on the procedure, if any, you have undergone in hospital and when you are required to next see your healthcare professional.