

Hospital Discharge Planning Checklist for Patients, Families, and Caregivers

Questions to ask before leaving the hospital

Step 1: Care Plan

- ☐ What level of care is needed each day?
- ☐ Who will provide the care?
- ☐ Is the plan realistic and sustainable?

Step 2: Medications

- ☐ What medications are prescribed?
- ☐ How and when should they be taken?
- ☐ Are there side effects to watch for?

Step 3: Follow-Up Care

- ☐ Are follow-up appointments scheduled?
- ☐ Is therapy required?
- ☐ Who is coordinating ongoing care?

Step 4: Warning Signs

- ☐ What symptoms should prompt concern?
- ☐ When should we call a doctor or return to the hospital?

Step 5: Home Safety

- ☐ Is the home safe and accessible?
- ☐ Are there fall risks or obstacles?
- ☐ Is equipment needed (walker, grab bars, shower chair, grab bars, etc.)?

Step 6: Care Decision

- ☐ Is home the safest option?
- ☐ Is additional support needed?
- ☐ Should we explore home health care, assisted living, memory care, nursing home care, residential care homes, or hospice?

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