

## DISCHARGE

*Need to Knows provide older adults and their families with important information to enhance their hospital or nursing home stays. Communication and teamwork are important aspects of high-quality healthcare. The individual, family, and caregivers are vital members of the team.*

### **Why is it important?**

You may require ongoing care after discharge for a full recovery. The discharge process requires advanced planning and is meant to prevent further health problems that might require you to be hospitalized again.

### **What you and your family can do:**

Plan ahead for your discharge with your healthcare team.

Get a written discharge plan and make sure you understand all of it. Read it carefully, share it with your family, ask questions if something is unclear or confusing, and write down the answers.

Discuss your routine and lifestyle with your healthcare providers and ask what activities you should be able to do after discharge.

Discuss the expected timeline of your recovery.

Determine if you will need help or special equipment at home, which your healthcare team can arrange for prior to discharge.

Make sure you and your family are shown how to do any medical or physical tasks you will need to perform such as changing bandages or performing exercises.

Get a list of your medications and their purposes, any precautions, and a schedule for taking them. Arrange ahead of time to have your prescriptions filled. Compare the discharge list with your medications at home and clarify any discrepancies.

Before your discharge, make an appointment with your primary care provider and make transportation arrangements.

Ask your healthcare team about support groups for you and your caregiver.

Obtain a 24/7 telephone number that you can call with questions.