THE CARE PARTNER PROJECT

CARE PARTNERS ARE KEY:

The Discharge Conversation!

Make sure you're able to be present with your loved one for their discharge meeting with the nurse.

Take good notes and speak up with questions. You may ask permission to record the discharge conversation on your phone, especially if you explain that you don't want to bother them later with a call in case you miss an important detail.

PLEASE NOTE:

If your loved one doesn't have any support for recovery at home, it is okay to say: "This is an unsafe discharge."

The hospital will then hold off discharge until support care can be arranged.

HOW TO HELP

TRANSITION FROM HOSPITAL TO HOME:

- ☐ **Ask for a meeting with a discharge planner** early in your loved one's stay, ideally on Day One.
- ☐ **On the day of discharge, be sure to stay with your loved** one during the entire discharge conversation. This is no time to get the car—a very common practice!

- ☐ **Discuss the home environment for safety** equipment that may be needed.
- ☐ **Ask where to rent or buy any needed medical equipment or supplies.** TIP: *Many communities have lending programs through churches and senior centers.*

- ☐ **Ask when the hospital stay records will be sent** to your loved one's main doctor.
- ☐ **Confirm follow-up doctor appointments** needed (when, with which doctors).
- ☐ **Find out if follow-up tests are needed** or if there are prescriptions to fill.

- ☐ **Record the medications administered the day of discharge,** including the time and dose.
- ☐ **Cover driving limitations** (if any), and any other limits, like exercise.
- ☐ **Ask about signs or symptoms to watch for,** when to get medical attention, and if there's a hospital hotline.
- ☐ **Find out if skilled care is needed—**for example, speech therapy, physical therapy, occupational therapy, wound care.

- ☐ **Get specifics on any diet and nutrition needs,** including groceries to buy or remove from the home.
- ☐ **Ask if your loved one could benefit from electronic monitoring equipment** which reports info directly to the doctor. Will the hospital supply?

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