THE CARE PARTNER PROJECT

ACTION PLAN FOR CARE AFTER A HOSPITAL STAY

Too many patients end up back in the hospital just a few weeks after discharge—often, it's because they can't get to their follow-up doctor appointments or fill their prescriptions. Odds are you can't handle every aspect of your loved one's post-discharge care by yourself. Reach out to other family members and friends who might be able to pitch in, and use these handy lists to pull together a coordinated plan. Don't be afraid to ask your loved one's nurses to offer ideas—they'll be glad to know you're thinking ahead!

PLAN FOR MEDICAL CARE

IS MY LOVED ONE ABLE TO...?		WHO WILL HELP?
Make doctor appointments and arrange for transportation	☐ Yes ☐ No →	
Pick up prescriptions and other needed supplies	☐ Yes ☐ No →	
Follow up on test results	☐ Yes ☐ No →	
Take medications on time according to instructions	☐ Yes ☐ No →	
Use a thermometer to monitor temperature daily	☐ Yes ☐ No →	
Arrange home nursing, physical therapy, or other needed support	☐ Yes ☐ No →	
Manage wound and/or drain care	☐ Yes ☐ No →	
Balance on scales to monitor weight daily	☐ Yes ☐ No →	
Safety-proof home to improve accessibility and prevent falls	☐ Yes ☐ No →	
Other	☐ Yes ☐ No →	
Other	☐ Yes ☐ No →	
Other	☐ Yes ☐ No →	

PLAN FOR DAILY LIVING NEEDS

IS MY LOVED ONE ABLE TO...?		WHO WILL HELP?
Use the phone	☐ Yes ☐ No →	
Shower, bathe, brush teeth	☐ Yes ☐ No →	
Dress self	☐ Yes ☐ No →	
Use the toilet or commode	☐ Yes ☐ No →	
Sleep alone	☐ Yes ☐ No →	
Plan and shop for meals	☐ Yes ☐ No →	
Cook or prepare meals	☐ Yes ☐ No →	
Eat without help	☐ Yes ☐ No →	
Care for children	☐ Yes ☐ No →	
Care for parents, spouse or other dependents	☐ Yes ☐ No →	
Drive or arrange transportation	☐ Yes ☐ No →	
Do laundry, housekeeping	☐ Yes ☐ No →	
Handle finances, pay bills	☐ Yes ☐ No →	
Use TV, iPad, computer	☐ Yes ☐ No →	
Care for pets	☐ Yes ☐ No →	
Lawn care/maintenance	☐ Yes ☐ No →	
Other	☐ Yes ☐ No →	
Other	☐ Yes ☐ No →	
Other	☐ Yes ☐ No →	

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