



THE CARE PARTNER PROJECT™

How to Get the Care You Want
for the People You Love

Pack a tote with items for your loved one and yourself:

- A favorite personal item
- A warm sweater, scarf, hat—*hospitals have chilly areas (It's okay to ask for a blanket for yourself and loved one!)*
- Headphones and favorite or soothing music on phone/iPad
- Antibacterial hand cleaner
- Antibacterial surface wipes
- Our **“How-To” Guides** for using these cleansing supplies to help keep your loved one safe from infection
- Chargers for phone and other electronics you bring
- Notebook and pen
- All notes and records you've made and kept for your loved one on their healthcare
- Books, magazines, etc.

C H E C K L I S T

HOW TO HELP YOUR LOVED ONE PREPARE FOR THE DAY OF SURGERY

- Read the surgeon's pre-surgery instructions.** Help make sure your loved one follows these instructions “to a T!”
- For 2 to 3 days before surgery,** remind your loved one to shower with a strong antibacterial shampoo and body soap, with a final shower just before going to the hospital. The surgeon will likely recommend chlorhexidine soap and may provide it. It's sold in most drugstores, too!
- If your loved one is having surgery on a “twin organ”** (like kidneys or lungs), or on an arm or leg, help avoid confusion over which side requires surgery.

Put a large piece of duct or masking tape over the side that should NOT be cut. Write a big, bold “NO!” on this tape for the side that should not be touched by the surgeon.
- Keep your loved one warm.** In cold weather, warm up the car first. Make sure their hair is dry. Bring an extra sweater or other soft, warm clothing. Hospitals have some very chilly areas!
- Fill out a Medications Record** (you can download it from our website) with your loved one. Bring it to the hospital with all of your loved one's current medications.
- Prepare to stay with your loved one 24/7 while hospitalized.** Use our handy **“How-To” Guides** so you will know how to help during their hospital stay.
- It's okay to organize “shifts”** with other family members and friends. Be sure to tell them about our **Hospital Stay “How-To” Guides**, too!

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Checklists are for education only, and are not intended to substitute for medical advice, diagnosis, or treatment.