

Going home from C3

“Discharge” is the time you leave the hospital and return home or go to another place to receive care. Going home from hospital can be a stressful time. There will be new things you need to learn and remember to keep you safe and well. Your health care team wants you to be prepared to successfully manage your care. You and your family can help by:

- Asking questions until you understand the information.
- Practicing new skills while you are in the hospital.
- Telling us about what you need to care for yourself at home.
- Writing down information so that you can refer to it.

Before you go home

Check off when you can answer yes:

- All of my (including my family’s) questions have been answered
 - I know the next steps in my health care
 - I understand how to take my medications
 - I have enough medication or prescriptions until my next doctor’s appointment
 - I know when my follow-up appointments are
 - I know who to contact if I have problems when I am home
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Expected date of discharge

We will begin to talk with you and your family about going home in the first few days of your hospital stay. Starting early allows you and your family as much time as possible to prepare for going home. We will discuss when we think you will go home. We call that the “expected date of discharge”. This date may change. Write down when you expect to go home and update it as it changes.

- The date I expect to go home: _____
- My family or caregiver know when I am coming home from hospital
- My family and I have been involved in decisions about what will happen after I leave the hospital

Transportation

You will need to have someone drive you home from the hospital. Talk to family and friends to make a plan. If this is not possible, there are other arrangements that can be made, including wheelchair taxi and private patient transportation companies.

These can be expensive. If you have private health insurance, some of the costs may be covered. If you do not know how you will get home from the hospital, talk with your health care team early.

- My drive home from hospital is with _____
 - I have told them when to pick me up _____
(day and time)
 - If I cannot go home with a family or friend my transportation home is with _____
 - I have called them with payment information
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Understanding your health

I was in the hospital because: _____

You may have had antibiotics, changes to your medications, surgery, chemotherapy and radiation. My care and treatment included:

Symptoms

Talk with your health care team about any symptoms you might experience after you go home such as pain, shortness of breath, constipation and fever.

- Ask what you can do if they occur
- Ask when you should seek medical help
- Ask who you should call

Symptom	What to do	When to seek medical help	Who to call

The next steps in my care are:

Medications

It is very important to take your medication correctly when you go home from the hospital. While you are in the hospital, it is a good time to review all of the medications you take with your health care team. Review the medications that have been prescribed by a doctor, those you have bought at the pharmacy, and vitamins, supplements and herbs you take.

Medication changes:

While you are in the hospital some of your medications may have changed. Ask your health care team if:

- Any medications have been stopped.
- Any doses of medications have been increased or decreased and why.
- Any medications started and why.

Make sure you understand the following about all of your medication, both the new medications and the ones you were on:

- Why you are taking the medication.
- When you should take the medication.
- Any important side effects you should watch for.
- Who to call if you experience those side effects.

Do you have enough of your medications, including the ones you were on before you came to hospital, until your next doctor's appointment? If not, please make sure you ask the doctor to give you a prescription before you leave the hospital.

- Do you have any problems paying for your medications? Please discuss with your health care team. There may be help to pay for some of the costs of your medications.
 - Do you have problems knowing when to take your medications or remembering if you took them? If you do, most pharmacies will organize your medications in a bubble pack for no extra charge. You can ask the pharmacy to do this and/or ask your doctor to write an order for it on the prescription.
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My daily medication list

Name/Dose	What it Does	How to Take	Morn	Lunch	Supper	Bed

As needed medications

Name/Dose	What it Does	How to Take	How Much and How Often

Medications that were stopped while in hospital:

Getting the help I need after I go home

Activities of daily living

There are many things we need to do every day to care for ourselves. We call these **activities of daily living**. Activities of daily living include bathing, dressing, walking, going to the bathroom, and eating. Sometimes you will need help with these activities.

Please discuss your concerns with your health care team so that they can help you. We can:



Teach you new ways to care for yourself.



We can refer you for Home Care. An assessment will be done to see if you need someone to come to your home and help you.



We can identify resources in your community that can help you, such as meal delivery services, grocery delivery services, and volunteer services.

Equipment

You may need new equipment, such as a walker, wheelchair or bath bench when you go home. Sometimes you need this equipment for a short time until you recover and sometimes you will need the equipment permanently. Your health care team can help you to:



Select the right equipment.



Identify if there is any help available to pay for the equipment.



Show you how to use the equipment.

I need this equipment _____

I am able to use the equipment safely

Wounds, catheters, PICC lines, PORTs and drains

Sometimes you will go home with a wound either from surgery, an accident or the illness. Ask your health care team:

- What things should you watch for?
- How to care for it?
- Who should I call if I have a problem?
- Is anyone going to help me care for this?

Device	Signs and symptoms to watch for	Care of line	Any help in caring for the line	Who should I call if I have a problem

Home Care

You may need help when you are home. Care at home is provided by the Community Care Access Centre (CCAC). If your health care team feels you need help after you go home, a CCAC Care Coordinator will see you. We all work together to ensure you get the care you need. Check the items that have been identified to meet your care needs:

- Nursing
- Personal support such as bathing and getting dressed
- Physiotherapy
- Occupational therapy
- Speech-language therapy
- Social work
- Nutritional counseling
- Medical supplies and equipment
- Information about and referral to additional health and social services in your community

Follow-up appointments

Family doctor

I need to make an appointment with my family doctor after I go home from the hospital.

When? _____

I plan to talk with my family doctor about: _____

Other appointments

Who: _____ When: _____

Where: _____ Phone Number: _____

Ask about: _____

Who: _____ When: _____

Where: _____ Phone Number: _____

Ask about: _____

Tests

Test: _____ Phone Number: _____

When: _____ Where: _____

What do I need to do to be ready for the test? _____

Test: _____ Phone Number: _____

When: _____ Where: _____

What do I need to do to be ready for the test? _____
