

PLANNING FOR YOUR DISCHARGE

Discharge from hospital is a process:

- ✓ Evaluation of the patient by qualified professional staff
- ✓ Discussion with the patient or his/her caregiver
- ✓ Planning for homecoming or transfer to another care facility
- ✓ Determining if caregiver training or other support is needed
- ✓ Referrals to home care agency and/or appropriate support organizations in the community
- ✓ Arranging for follow-up appointments or tests

Effective discharge planning—which can begin before admission—can decrease the chances of your re-admittance to hospital, help in recovery, ensure medications are prescribed and given correctly, and adequately prepare you to care for yourself.

In Hospital	<p>Have a conversation about your care after hospital with your nurse or physician, and any family/friend who may help you at home.</p> <p>Learn your exercises and know your movement precautions.</p> <p>Learn about your medicines—their names, how much to take and when to take them, what they do, possible reactions with other medication, and how to store them.</p>
Day Before Discharge	<p>Tell the person who is driving you home from the hospital what day and time to pick you up. Discharge is by 11:00 a.m.</p> <p>Ask family members to start taking home some of your personal items, such as flowers, cards or extra clothes; keeping a change of clothes for the day of discharge.</p>
Day of Discharge	<p>Discharge is 11:00 a.m. Remind the person driving you home what time to be at the hospital. Make sure you have all of your personal items. You will receive information and instructions for follow-up appointments. Once home, discuss booking a follow-up appointment with your family physician if one has not already been arranged prior to discharge. Within a few weeks of discharge, you and your family physician should review any changes that were made to your medications or treatment plans while in hospital.</p>

Retirement Home/Convalescent Care (Short Term Accommodation)

Retirement homes offer short-term accommodation for convalescence. They are privately operated, and services vary from home to home such as medication administration, personal care and assistance to the dining room.

A short stay in a retirement home is designed to offer a period of recuperation for individuals recently hospitalized who may need additional care to recover their strength, endurance and functioning. If you are aware that you will be coming in to hospital for surgery, it can helpful to tour some of the retirement homes that provide short stay/convalescent care before your surgery date to determine which ones you like. Reservations can be pre-arranged before your surgery date. This can also help you know what to expect should you go to a retirement home for convalescence upon your discharge.