

<b>Hospital Discharge Check List</b>	<b>Yes</b>	<b>No</b>
Do I know why I was in hospital		
Is my home ready for my return home		
Do I have a list of my medications, with dosages and when to take them		
Do I know what to eat and what not to eat		
Am I able to prepare my meals safely		
Do I know what supports I might need		
Can I look after my personal care needs		
Do I have equipment/assistance for bathing and toileting		
Do I know what outpatient services I need to attend		
Do I know when to follow-up with my family doctor		
Do I know who to call at the hospital including phone numbers if I have concerns after going home		
Do I know symptoms I should watch for and when I should contact a physician right away (when in doubt call 911)		
Do I know what care services I will get and when they will start and their contact phone numbers		
Do I know what appointments with specialists have been booked for me and their contact phone numbers		

*"Things I Need to Know or Do to Ensure a Safe Transition Home."  
(This checklist was based on Canadian Institute of Health Research "Getting Home Safely Guide.")*

Notes and comments

Form based on Canadian Institutes of Health Research “Getting Home Safely” guide