

Helping Families Bring Their Loved Ones Home - And Keep Them There.

HOSPITAL > REHAB > HOME CHECKLIST

Use this checklist when preparing for a loved one's return home. Follow the hospital/rehab team's clinical discharge instructions.

Before Discharge

- ☐ Confirm discharge date/time
- ☐ Understand clinical discharge instructions
- ☐ Confirm follow-up appointments
- ☐ Ask about mobility/transfer restrictions
- ☐ Identify recommended equipment/supplies
- ☐ Decide who will be available at home

First 24-72 Hours Home

- ☐ Safe paths through the home
- ☐ Meals/hydration plan
- ☐ Personal-care assistance if needed
- ☐ Transportation plan
- ☐ Medication reminder system
- ☐ Family caregiver schedule
- ☐ Emergency contacts visible

Consider Homecare If

- ☐ Family cannot cover needed hours
- ☐ Loved one should not be alone
- ☐ Personal care has become difficult
- ☐ Meals/medications are being missed
- ☐ Mobility/balance requires assistance
- ☐ Family caregiver needs respite

Need Help?

Hope Alive provides non-medical in-home support. Call 615-622-5375 or visit www.hopealivecareservices.com.