

what to do before your parent is discharged

- Understand your parent's health conditions, the diagnosis and prognosis.
- Know what problems and symptoms to watch for and how to handle them.
- Speak directly to the doctor. Ask questions. Ask for written instructions.
- Develop a care plan with the doctors, nurses, and therapists.
- Understand what each of the prescription drugs does, and any interactions or side-effects.
- Ask if any of the medicine will be provided to take home.
- Fill any needed prescriptions.
- Understand what is and isn't covered by your parent's insurance.
- Make a follow-up doctor's appointment.
- Ask if your loved one will need any further tests before the next appointment.
- Schedule any needed tests.
- Meet with the hospital's discharge planner or social worker.
- Ask about home care benefits and assistance options.
- Arrange for any needed help. (Get referrals from friends, family, or doctors.)
- Make appointments for physical, speech, or occupational therapy if needed.
- Buy needed supplies.
- Rent, borrow or buy durable medical equipment, such as wheelchairs or walkers.
- Pack your parent's possessions.
- Arrange for transportation, such as a van or ambulance, if needed.

Before you and your parent leave the hospital, make sure you talk directly to doctors and staff about your parent's condition so that you can provide the best possible follow-up care. 