



## Hospital Discharge Planning Golden Rules

### **1. While in the hospital, make sure your Health Team is working together. Your Health Team includes you, your Caregiver, Primary Care Physician, Hospital Doctor and Discharge Planner:**

- Call your Primary Care Physician and tell them you are in the hospital.
- Share phone numbers and mailing addresses.
- Make sure everyone is sharing medical information and is in agreement with the discharge plan (especially medications).

### **2. Before leaving the hospital, ask the Hospital Doctor and Discharge Planner questions so you understand the discharge instructions:**

- Medications – Ask what they are for, how to take them, how they will make you feel, and potential side effects.
- Red Flags – Ask for signs to look out for if symptoms are getting worse, what to do and who to call when they happen.
- Tasks - Ask what tasks will need to be performed at home, how to do them and why they are important.
- Be honest - tell the Hospital Discharge Planner if you do not understand the instructions, need help paying for medications or need help with certain tasks.

### **3. Before leaving the hospital, ask the Hospital Discharge Planner to help you prepare for going home:**

- Arrange for medical equipment, supplies and home care services - if the Hospital Doctor feels it is necessary to continue your care at home.
- Find community organizations – to help with transportation or meal delivery.
- Schedule follow-up appointment with your Primary Care Physician – tell them you were in the hospital and need to see the doctor within the next 7 days.

