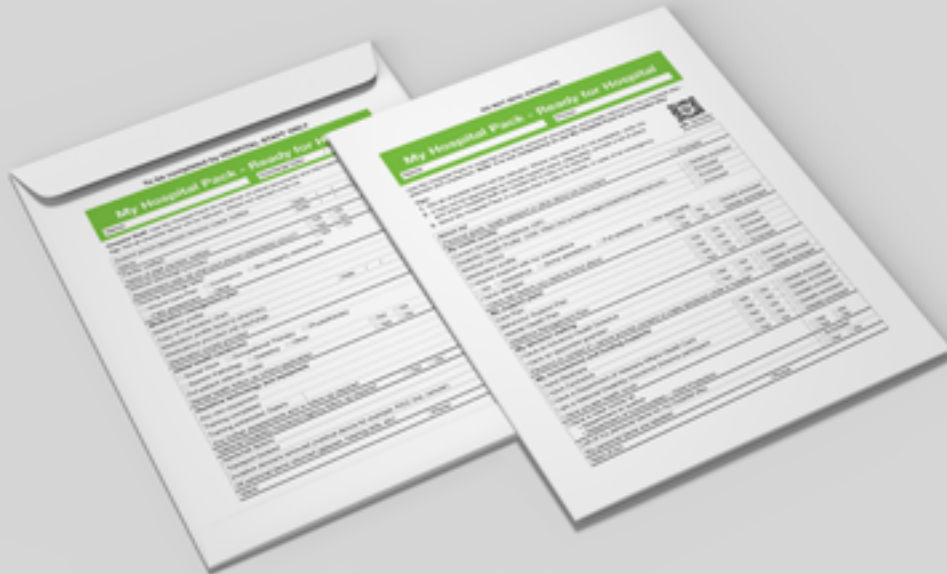


# My Hospital Pack - Ready for Hospital



Accessible, easy read, easy print templates and resources are available at <https://bit.ly/readytogohomeresources>

Use My Hospital Pack to organise and store personal documents and health information for a hospital stay - planned and unplanned. The pack will help you and hospital staff ensure you are well supported in hospital.

Store My Hospital Pack in a place that is easy to access, in case of emergency.

If you go to hospital, take your My Hospital Pack with you if possible.

Let your support networks and services know where your pack is kept, so they can take it to you in hospital if you are unable to take it with you.

Not all checklist items will be relevant. Where not relevant or not available, write n/a.

## How to use My Hospital Pack

The pack has two sides and two checklists

<b>Ready for Hospital (For you to complete)</b>	<b>Ready for Home (Hospital staff to complete)</b>
1. You only need to complete this side - Ready for Hospital.	1. You do not have to complete this side - Ready for Home.
2. Work through the checklist: complete and enclose the documents and information you can provide. Do not seal the envelope.	2. Hospital staff will complete the Ready for Home side as you leave hospital. They will return your My Hospital Pack to you (unsealed) for future use.

# What to include in My Hospital Pack

## About me

This is information health staff may need to know about your personal needs. You can use the My Hospital Pack Personal Guide, or if you already have a Health Passport or About Me document just use that in your pack.

## My health profile

**General Practitioner:** who is your current doctor (name and contact details)?

**Disability Health Profile:** [https://www.health.wa.gov.au/Articles/A\\_E/Disability-Health-Network](https://www.health.wa.gov.au/Articles/A_E/Disability-Health-Network)

**Medical history:** it is helpful to include current and past health concerns.

**Medication profile:** are you using any medication? Make a list for your pack.

**Allergies:** do you have any allergies? For example: foods, medications and other things you might find in a hospital like sanitiser, surgical tape or latex. Make a list for your pack.

**Risk factors:** there may be things hospital staff need to know to reduce risks to you and others. For example: you may have conditions worth flagging such as hepatitis, diabetes, MRSA infection, or you may have a tendency to wander off or be at risk of slips, trips or falls.

## My support plans

Do you have individualised support plans such as a care plan, behaviour management plan, mental health plan and mealtime management plan or eating, drinking, swallowing plan?

- If you have plans, enclose copies (current is great but older versions are OK) **OR**
- If you cannot include your plans, provide a list of plans and whom hospital staff can contact for a copy or to discuss.

## My decision making

It is important that hospital staff are told about your healthcare and treatment wishes.

**Advance Health Directive (AHD):** if you have an AHD please include a copy in your pack.

**Guardian:** if you have an appointed guardian please enclose their contact details in your pack.

**Consent contact details:** please provide the contact details of the person or persons who will assist you with consents, decisions and or signing paperwork while you are in hospital.

## My concessions and funding supports

Enclose a photocopy or details (including registration number and expiry dates) if you have: Medicare, Centrelink, Department of Veterans Affairs healthcare card, National Disability Insurance Scheme (NDIS) and or private health cover.

## Connected to a case worker

If you are connected to either Department of Justice or Department of Communities – Child Protection, it is helpful to let the hospital know either Yes or No.

## Personal items

Make a list of personal items you might need in hospital and pack a 'ready to go' suitcase.

**Next of kin:** (Name and contact details for a family member, carer or friend.)

# My Hospital Pack - Ready for Hospital

Name:

Phone:



## Personal Guide

### Tips to help support me during my hospital stay

#### My support people (name and contact details - phone and email)

Support network (carer, family, friend):

Support service/s:

#### My support tips

I may need assistance with ...

I feel safe and settled when ...

I feel unsettled or get upset when ...

### **My communication tips**

My likes and dislikes when communicating are ...

I use a communication device and it is important to me because ...

My essential communication device is a ...

### **My routine tips**

It is important to me that my daily routine includes ...

### **My culture**

Please respect my cultural identity and language preferences: they are ...

### **My religion/spirituality**

My religious and or spiritual considerations during a hospital stay include ...

### **My values and preferences**

The Healthy WA values preferences form is not a legal document. However, you can use the form to provide direction on your health and personal care wishes. If you would like to use the form it is available at [Advance Care Planning: www.healthywa.wa.gov.au/AdvanceCarePlanning](http://www.healthywa.wa.gov.au/AdvanceCarePlanning)

Note: if you need more space you can attach (staple) the information you would like to include.