

# Be prepared for a hospital stay



**Being prepared for both a planned and unplanned hospital stay can help health staff better support you. You might want to:**

**Plan** your transport options and think about who will look after your home

**Prepare** essential information health staff need to know about you

**Pack** a 'ready-to-go' suitcase

**Prioritise** items that you cannot pre-pack and arrange who might transport them to hospital for you.



## Plan

- In case of emergency, how will you get to hospital?
- Do you have ambulance cover?
- Who will accompany you to hospital?
- Is there anyone you care for who needs looking after if you go to hospital?
- Is there someone who can check on your home to:
  - Switch off appliances
  - Check your fridge
  - Turn on security
  - Collect the mail and paper
  - Water the garden and pot plants
  - Look after pets

**If you have a planned visit, check with the hospital for your pre-admission instructions. For example: fasting.**



## Prepare

**Prepare essential information so it is 'ready to go'**

- About yourself – support tips, communication advice and routines
- Your medical information – GP details, history and medications
- Support plans or list of plans and who to contact for a copy
- Up-to-date decision maker details: Advance Health Directive and or Enduring Power of Guardianship
- Concessions and funding support details
- List of equipment needs
- Update your My Health Record
- Use My Hospital Pack: go to <https://bit.ly/readytogohomeresources>



## Pack

Pack essential items in a 'ready-to-go' suitcase

- Copy of essential personal and medical information
- Copy of Medicare card, concession card and any relevant insurance information
- List or photos of medication
- Underwear, sleep and leisure wear
- Footwear, including slippers
- Toiletries
- Personal blanket and pillow
- Items you use daily can be pre-packed if you have spares. For example: batteries, hearing aid, headphones, phone charger, glasses, dentures
- Spare wallet or envelope with card or cash (no more than \$50 cash)
- Something to keep you occupied. For example: book, games
- Favourite non-perishable snacks and drinks
- Pen and notebook to record important information, questions and reminders

All items should be labelled.

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## Prioritise

Prioritise equipment, aids, devices and medication you will need for a hospital stay. You may need someone to bring these items to hospital after you are admitted.

- Equipment for your personal condition. For example: CPAP, catheter, brace
- Communication devices. For example: smart phone, iPad or tablet, talking board
- Mobility aids. For example: wheelchair, walking frame, walking stick
- Feeding and drinking aids
- Medication. For example: prescribed medicines and over-the-counter medicines such as eye drops, inhalers

Make a list or take photos of all the items you take to hospital.

During your hospital stay, you are responsible for your valuable items.



Accessible, easy read, easy print versions available at:  
<https://bit.ly/readytogohomerresources>

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