



Be prepared for a hospital stay

Your hospital guide 1

About this information



This easy-to-read information will help you to have everything ready for going into hospital.

Sometimes you might know if you are going to go into hospital.



But sometimes it might be an emergency that you didn't expect.

So it's a good idea to think ahead about what you would need when you are in hospital.



Health staff can give you better support if you have all the things you need when you are in hospital.

Here are some things you can do

Plan



Think about transport – getting to the hospital and going home again.

Think about your home –and who could look after it when you are in hospital.



Prepare

Get your information ready - all the important information the health staff need to know about you.



Pack

Have a suitcase ready-to-go.

Prioritise

Decide what other things will be important to have when you are in hospital.

Who can bring them to you in hospital.



There is more information on these over the page.

Plan



A planned visit to hospital

Find out if you need to do certain things before you go into hospital.

This could be **Fasting**. This means not having anything to eat or drink for a few hours.

An emergency visit to hospital

In an emergency, how will you get to hospital?

Do you have insurance to pay for the ambulance?

Who could go with you in an emergency?

Your home and family

Who could help if there is someone at home who needs to be looked after?

Who could check on your home to:

- Look after your pets?
- Turn off appliances and check the fridge?
- Turn on security?
- Collect the mail and newspaper?
- Water your garden and pot plants?



Prepare



Get your important information ready for when you go to hospital.

This includes:

Contact details for your **next of kin**. This is the person health staff will contact if they need to while you are in hospital.

Contact details for your service provider and support person.

List of equipment you might need.

Auslan interpreter or other communication support.

Your **My Health Record** or folder with your medical history. You can have your My Health Record on your phone or iPad.

Your medical history includes information about any recent scans, tests or other useful health information.

Support to make decisions



Make sure you include information if you have support to make decisions.

This could be family or other people who help you to make big decisions.

Some people have a legal **guardian**.



This is a person who has legal power to make decisions for someone who can't make their own decisions.

Guardians may also help people to make their own decisions.

Advanced Health Directive (AHD)



Some people have an AHD. This is a legal form you fill in to say what treatments you want or don't want if you become very ill.

You can do an AHD at any time and keep it in a file or in your My Health Record. Or you can give it to your next of kin to look after.



Then, if you become too sick to tell the doctors, they will read it to see what treatments you want or don't want.

Pack

Pack a suitcase with the things you may need while you are in hospital.

This includes:

- The important personal and medical information you got ready.
- Your Medicare card, pension or concession card, health insurance details.
- List or photos of the medications you take.
- Underwear, sleepwear and **leisure** wear – comfortable clothes like a track suit.
- Footwear, such as socks and slippers.
- Toiletries
- Your own pillow and blanket.
- Spare wallet or envelope with card or cash (up to \$50)
- Something to do, such as a book, to read or games to play.
- A pen and notebook to write down important information
- Some snacks (things that won't go off).



If you have spares, you can pack things like a phone charger, batteries, glasses, headphones, hearing aid, false teeth.

Prioritise

Think about any other important things you will need in hospital

You might need someone to bring these into hospital for you.

Do you need:



Personal health equipment, such as a CPAP machine, or a brace to support part of your body.



A device that you use to communicate, such as an iPad or tablet, smart phone or talking board.

Your own mobility aids, to help you get around, such as:



Your wheelchair, walking frame or walking stick.

Any equipment you use to help you eat and drink.

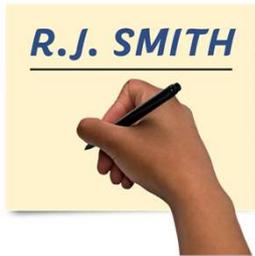
Any medications you take, such as:



Medicines you get with a prescription.

Medicines you buy over the counter, such as eye drops or inhalers.

Keeping your things safe



You are responsible for your things when you are in hospital.

Here are some ways you can help keep them safe.

Make sure you put your name on everything.



Make a list of all the things you take into hospital.



Or, you could take photos of them.



It's a good idea not to bring valuable things into hospital if possible.