

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'

- Next of kin and or family contact details
- Service provider contact details
- Support person contact details
- Up-to-date decision maker details:
Advance Health Directive and or Enduring Power of Guardianship
- Up-to-date My Health Record
- Your medical history, any recent scans, tests and other information that may be helpful
- List of equipment needs
- Up-to-date Auslan interpreter details (if applicable)



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.