



Discharge planning checklist

Your hospital guide 4

Your hospital guides were produced by the Ready to Go Home project, funded by Department of Social Services.



About this information

This easy-to-read information is about getting ready to leave hospital.



While you are in hospital, your health team will work with you to make a **discharge plan**.

This is a plan for when you leave hospital.

It's important to have a plan for leaving hospital.



Everything will go more smoothly and you won't be as likely to have to go back into hospital.

Start doing your discharge plan early.



There are lots of things to think about, so don't wait until you are just about to leave.

Your Health



Here are some things to think about.

Do you have all the information you need about your health condition?

When you go home, how will you know if you are getting sick again?

How will you know if you need to get medical help?



Do you need to have a special diet when you get home?



What exercises will you need to do when you get home?



Do you have information about being safe at home?

Such as things you can do so you don't have a fall.





Is there any education or training you need so you are ready to go home?

Are you worried about how you and your family will cope with your health?

You can ask your health team for information about support groups and other support you may need.



Your Health Records

Ask for a copy of your **discharge summary**.

This is a document that has all the important information about your care when you were in hospital.



Ask for a copy of your **Patient Medication List**.

This is a list of all the medicines you are taking.



Ask for copies of any x-rays, scans and test results you had done in hospital.



Your Transport



Have you organised how you will get home from hospital?

Will it cost money? Do you know how you will pay for it?



If you live in the country and have to travel a long way for medical care, you might need help from the **Patient Assisted Travel Scheme (PATS)**

PATS may be able to pay for some of your travel or accommodation.



Find out more about PATS at www.wacountry.health.wa.gov.au/Our-patients/Patient-Assisted-Travel-Scheme-PATS/



Will you need help with transport to get to appointments, or pick up your medicines?



Will you need help with transport for other important things, such as your food shopping?

Your Support Needs



Have you organised who can help you with daily tasks when you get home?

Such as family, friends or support workers.

Are you connected with the services you will need when you get home?



Have hospital staff trained your support people to:

Use any new equipment you will need at home?

Do health care things like:

- changing bandages,
- giving injections, and
- looking after a wound or stitches



Do you know if the hospital can help you with outpatient or at-home programs to do these things?

Your Medications

Do you have any questions about the medications on your Patient Medication List?



This includes any changes to medications, vitamins or supplements you were taking before you went into hospital..



Will you need help with your medications when you leave hospital?

Has the person who will help you been properly trained to help with medications?



Will the hospital give you any medications when you leave?



How will your medications be packaged and stored when you leave hospital?

Will they be in a Webster pack or maybe in an automatic dispenser?

These help you to take your medications at the right time each day.

PERSONAL AUTHORITY SCRIPT No. 123456789
Dr A Practitioner
89 Station Street
Central NSW, 2001
Prescriber Number: 123456 Ph: (02) 9999 9999
Patient's Medicare No. 1234 56789 1 2
Dispensing centre:
Name: [] Yes (only for ambulatory) [] Dispensed or prepared
Address: [] Dispensed or prepared in a pharmacy
22 Smith Street
Central NSW 2001
Date: 01/01/2000 [] Brand substitution not permitted
PIS: X [] Script No: 123456789

Medicare Australia
Product: 75mg Tablet
1 Tablet Daily
Qty: 4 2 repeats
1 Rem
Dr A Practitioner
Authority Approval No: 1234
Qty: 4 2 repeats
Authorised Delegate

Date of issue: _____
Signed: _____
Signed: _____

Make sure you have any prescriptions or referrals you need for medications before you leave hospital.

Your Equipment and Home Modifications

Ask your health team about any equipment and **home modifications** you might need - such as a ramp or changes to your bathroom.



Do this as soon as possible because it can take a long time to organise these things.

Ask for a written plan about equipment and home modifications.

The plan should say:

- What you need.
- When you will get it.
- Who will organise how to hire or buy it.
- How any new equipment will get to your home.
- Who will be organising any home modifications.
- How much it will cost. How you will get the money to pay for it.
- If you don't have NDIS money, the hospital might be able to tell you about other ways of paying for it.



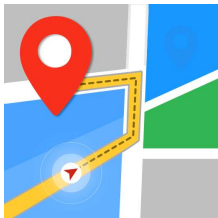
Your Appointments



Do you have a list of appointments that have been organised for you?

You need to know:

- What the appointment is for.
- When the appointment is.
- Who the appointment is with, and
- Where you have to go.



Manage My Care

Manage My Care App

This is a free app that helps you to manage all your public health appointments and referrals in WA.

You can find more information about the app at:

www.healthywa.wa.gov.au/Managemycare

Final Checks Before Leaving Hospital



I have been involved in planning for my discharge

I understand my discharge plan and I am happy with it



I feel ready to leave hospital



My supports, equipment and home modifications are organised



My support networks (family, carer, friends) and service providers are ready for me to leave hospital



I understand my health condition and know what warning signs to look for



I understand what I can do to look after my health condition



I know what my medications are, how to get them and how to take them



I know who to call if I get **side effects** from my medications, such as feeling sick



I know how to use my new equipment, or I have someone to show me how to use it



Don't be afraid to ask questions.

It's important to tell your hospital team how you feel.



If you have any worries about your discharge plan, you can ask an advocate to help you.

An advocate is a person who can help you with a problem.

They could be a family member, friend or professional advocate.



They will speak up for your rights and what is best for you.

They can help you to speak out.



The Ask Izzy website can help you to find a professional advocate in your area. www.askizzy.org.au