

EVERWELL HOSPITAL-TO-HOME CHECKLIST

A Practical Guide for Returning Home After a Hospital Stay

Coming home after a hospital stay can involve a lot of planning. You may have new medications, follow-up appointments, changes in mobility, or additional help needed at home.

This guide from **Everwell Home Care** can help you and your family organize the important details before, during, and after the transition home.

Before Leaving the Hospital

Use this checklist to make sure you have the information you need before going home.

- ☐ I understand my discharge instructions.
- ☐ I know which medications I should take.
- ☐ I understand any medication changes.
- ☐ I know when and where my follow-up appointments are.
- ☐ I know who to contact if I have questions after discharge.
- ☐ I understand any changes to my diet, activity, or daily routine.
- ☐ I know what type of assistance I may need at home.
- ☐ I have a plan for transportation to my follow-up appointments.

My Discharge Information

Hospital: _____

Discharge Date: _____

Primary Healthcare Provider: _____

Provider Phone: _____

Pharmacy: _____

Pharmacy Phone: _____

My Medications

Write down your current medications and follow the instructions provided by your healthcare professional.

Medication 1: _____

Dose: _____

When to take: _____

Medication 2: _____

Dose: _____

When to take: _____

Questions I have about my medications:

Preparing My Home

Before returning home, consider:

- Clearing walkways and removing trip hazards.
- Making frequently used items easy to reach.
- Preparing a safe and comfortable place to rest.
- Having a walker, wheelchair, cane, or other equipment ready if needed.
- Making sure important phone numbers are easy to find.
- Asking family or a trusted support person for help with tasks that may be difficult.

My Home Preparation Notes

Planning for Home Care

If you or your loved one will receive home care after returning home, make sure you understand:

- When services will begin or resume.
- What type of assistance will be provided.
- The expected caregiver schedule.
- Who to contact with questions or concerns.
- What changes in needs or routines should be communicated.

If Everwell Home Care will be supporting you or your loved one, keep your Everwell contact information somewhere easy to find.

Follow-Up Appointments

Appointment: _____

Date & Time: _____

Provider: _____

Transportation Plan: _____

Appointment: _____

Date & Time: _____

Provider: _____

Transportation Plan: _____

Questions for My Healthcare Provider

My Notes

Everwell Home Care

More Than Care. Support for Living.

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