COMING HOME FROM HOSPITAL

What Should Families Prepare?

Prepare the home

Make the home safer and more accessible.

- Clear walkways and remove loose rugs or clutter
- Ensure adequate lighting, especially at night.
- Arrange a comfortable and accessible sleeping area.
- Check that frequently used items are within easy reach.
- Make sure the bathroom is safe and accessible.
- Consider whether stairs can be managed safely.

Arrange equipment

Have the right equipment and supplies ready.

Examples include:

- Cane, walker or wheelchair
- Shower chair or transfer bench
- Grab bars
- Raised toilet seat
- Hospital bed or bedside commode
- Other prescribed mobility or transfer equipment

Check mobility and daily activities

Consider ability to move, manage daily tasks and stay independent.

- Can they get in and out of bed independently?
- Can they stand up and sit down safely?
- Can they walk safely with their prescribed walking aid?
- Can they use the toilet and manage personal hygiene?
- Can they get in and out of the shower or bathtub?
- Can they manage stairs if required?
- Do they need assistance with dressing, eating or other daily activities?

Remember: Abilities after hospitalization may be different from before admission.

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Organize care and support

Plan for family, friends or caregivers.

- Who will assist with bathing, dressing and meals?
- Is someone available to help with transfers or mobility?
- Is medication organized and understood?
- Are follow-up medical appointments scheduled?
- Is transportation arranged for appointments?
- Does the family know whom to contact if concerns arise?

This checklist is for general educational purposes and does not replace individualized medical or occupational therapy advice. Discharge arrangements and equipment needs should be discussed with the treating healthcare team.

Don’t wait until a problem becomes an emergency.

Prepare for a safer return home.

HomCANsafe can help identify potential risks, recommend practical solutions and support a safer transition home. **Contact us now!** **www.homcansafe.ca**