

Name _____ 

Plan Ahead for Going Home

You will want to go back home after your visit to the emergency department. It might be late at night when you can go home. You might be tired.

The doctors and nurses might be very busy. They might not have time to give you detailed instructions or to answer all your questions.

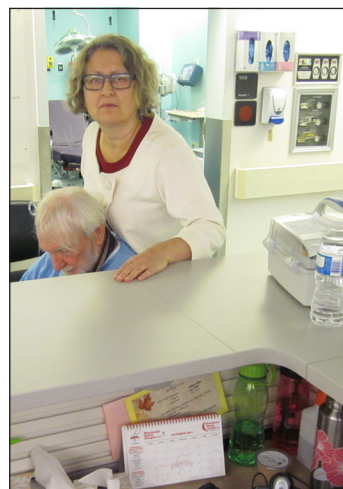
What can make your trip home easier, faster and safer? You can plan ahead. You will need:

- ✓ information about your health problem
- ✓ transportation home and keys to your home
- ✓ health supplies and personal supplies

I hope I have the keys to the house.



Make sure hospital staff answer your questions before you go home. Make sure you have all of your personal items.



Checklist →

Checklist: Part 1

Here are some things to plan early in our hospital visit.

- How will we get home? By car, taxi, or ambulance?
Will we need money for the bus or taxi? _____
- Do we have the keys to the house?
If not, who can pick them up for us? _____
- What groceries will we need at home? _____
Who can pick them up? _____
- What is the weather like? Do we need warm boots, coats,
and gloves? Who can bring them to us? _____

Use this checklist just before you go home.

Remember to take our personal items home

- ready-to-go bag and everything inside
- shoes, boots, slippers
- coats, hats, gloves, scarves
- cane, walker, wheelchair
- purse, wallet
- other: _____



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Checklist: Part 2

Here are some questions to ask the doctors and nurses before we go home. We can write down the answers. Or the hospital staff can write down the answers for us.



- Ask about my medical problem.** Why am I sick?
What caused my problem? What did the doctors find?

- Ask about medications.** Do I have any new medications?
When and how do I take them? What are they for?
Should I take my old medications too?

More →

Ask about things to watch for. What symptoms should we watch for at home? For example, a fever, cough, pain, swelling. What should we do if I get sicker?

Ask for information sheets about my medical problem. Do we have all the information sheets that we need?

Ask about prescriptions. Do I have all my prescriptions?

Ask about my follow-up plan. Do I need to make an appointment with my family physician? When?

Ask about referrals. Do I have a referral to a specialist?

More →

- Ask about new equipment and supplies, and referrals to community supports.** Will I need new supports at home? For example, a walker, wheelchair, dressing supplies, referral to home care.

- Talk to the nurses if you are worried about being safe at home.**

More tools

Other tools in this series include:

- ▶ **Be Ready for an Emergency Hospital Visit**
- ▶ **About Me**
- ▶ **Who Knows Me Best**
- ▶ **My Medications**
- ▶ **My Wishes**
- ▶ **My Ready-to-Go Bag**

Where to get help and information

Active in communities right across Canada, the Alzheimer Society provides information, support and education to people living with Alzheimer's disease and other dementias, their families and caregivers.

Call 1-800-616-8816 (toll free) or go to:
www.alzheimer.ca