



Planning your discharge: *A checklist to help you prepare going home.*

Compliments of:

Always Best Care Senior Services

Name	
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3 Schooner Lane, Unit I-1, Milford, CT 06460 PHONE: 203 877 1377**

Planning For Your Discharge

During your stay at any healthcare facility, there are staff who will work with you to plan your discharge and post-discharge care.

It is important that you communicate with your doctors and discharge planners throughout your stay. The more you communicate, the better prepared you and your caregivers will be when it's time to go home.

This checklist is designed to help facilitate your discharge, and to talk with your discharge planners, family members and post-discharge caregivers. If you're not sure who to talk with, ask!

The more information you have about your condition and follow up care, the more successful your transition home and recovery will be!



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1.	<p>Do you know where you will get care and who will be helping you after you are discharged?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ask staff to explain your options and make sure they understand your wishes. <input type="checkbox"/> Make sure all caregiving parties understand their roles 	NOTES:
2.	<p>Do you and your caregivers understand your health condition(s)?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ask what is likely to happen with your health after discharge. 	NOTES:
3.	<p>Do you and your caregivers know what problems to watch for and how to handle them?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ask what to do and who to call if you experience problems. 	NOTES:

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4.	<p>Do you know what each of your prescription drugs does? Are you clear about how to take them and what side effects to watch for?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ask who you should call if you have questions. <input type="checkbox"/> Tell the staff what prescription drugs, over the counter drugs, or supplements you took before you were admitted, and get clear instructions on which of these you should or should not continue upon discharge. 	NOTES:
5.	<p>Will you need any medical equipment to be discharged? (e.g., a walker or hospital bed)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ask who to call if you have questions about using your equipment after you leave. 	NOTES:
6.	<p>Do you know which of the items below you will need help with and for how long?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bathing, dressing, grooming <input type="checkbox"/> Using the bathroom <input type="checkbox"/> Shopping for food, making meals, doing housework, paying bills <input type="checkbox"/> Getting to doctors' appointments and picking up prescriptions 	NOTES:

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7.	<p>Do you feel comfortable doing other tasks that require special skill like using medical equipment, changing a bandage or giving a shot?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ask someone to show you if you're not sure, then demonstrate that you are able to do these tasks. <input type="checkbox"/> Ask who to call if you need help. 	NOTES:
8.	<p>Questions for the family member or other caregiver:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Do you understand what help the patient will need upon discharge? <input type="checkbox"/> Who, specifically, will be providing that help? <input type="checkbox"/> If you are not able to give the help needed, ask staff to change the discharge plan so you both get the help you need. 	NOTES:
9.	<p>Are you worried about how you or your family are coping with your illness?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ask to speak to a therapist or find out about support groups if needed. 	NOTES:

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10.	<p>Do you know what doctor or other healthcare providers to call if you have questions or problems?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Leave with a written list of their names and phone numbers. 	NOTES:
11.	<p>Do you know what appointments and tests you will need in the next several weeks?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Leave with a written list, get help making key appointments before you leave if needed. 	NOTES:
12.	<p>Do you have written discharge instructions that you understand, your list of drugs and a summary of your current health status?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Share this information with your caregivers, if possible, before you leave. <input type="checkbox"/> Bring this information with you to your follow up appointments. 	NOTES:

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13.	<p>If you will get services from a home health agency, in-home non-medical agency or other service provider, ask for help in getting information on local providers, and get the care ready prior to departure.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Most social workers will have brochures or lists from several providers. <input type="checkbox"/> Do some research on costs and capabilities before you make your selection. 	NOTES:
14.	<p>If you will be discharged to a nursing home or rehab center, make comparisons and work with your discharge planner to get placed in a community that is convenient to friends and family.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Some facilities have special rehabilitation programs, ask if a local facility has special programs for your condition. 	NOTES:

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15.	<p>Do you understand how much of your prescriptions drugs, equipment and services will be covered by your insurance, and what, if anything, you will have to pay?</p> <p><input type="checkbox"/> Ask your social worker about possible resources to help with insurance or payments.</p>	NOTES:
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NOTE: Most of us want to leave the hospital and go home as soon as possible. However, if you feel you are being asked to leave a hospital too soon, you may have the right to ask for a review of the discharge decision. Ask your social worker for assistance. Make sure they understand the home environment into which you are being released. A short stay in a rehab center may be a better choice for your recovery if you are unable to get in-home services.

Other Resources:

Connecticut Agency on Aging for South Central Connecticut (New Haven Area)

<http://www.aosccc.org/>
 One Long Wharf Drive, Suite 1L
 New Haven, CT 06511
 203-785-8533



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Medicare District and Branch Offices in the Area:

Ansonia:

307 Main Street

Ansonia, CT 06401

Telephone: 203-735-6201

Bridgeport:

3885 Main Street, 3rd Floor

Bridgeport, CT 06606

Telephone: 203-365-8452

New Haven:

150 Court Street, Room 325A

New Haven, CT 06510

Telephone: 203-773-5201

Website:

<http://www.ct.gov/agingservices/lib/agingservices/manual/healthinsurance/medicarefinal.pdf>

Local Area Skilled Nursing Communities

Plan your stay BEFORE your scheduled surgery, or as soon as possible during your hospital stay!

Town	Health & Rehab Center	Phone
Branford	Branford Hills Health Care Center	203 481 6221
Derby	Birmingham Health Center	203 735 7401
East Haven	Laurel Woods/Apple Rehab	203 466 6850

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Town	Health & Rehab Center	Phone
East Haven	Talmadge Park Health Center	203 469 2316
Hamden	Hamden Rehab and Health Care Center	203 281 7555
Hamden	The Whitney Center	203 848 2641
Hamden	Whitney Manor	203 527 9126
Milford	Milford Health and Rehabilitation Center	203 878 4299
Milford	Golden Hill Health Center	203 877 0371
Milford	West River Health & Rehabilitation Center	203 876 5123
Naugatuck	Glendale Center	203 723 1456
New Haven	Paradigm Healthcare Center of New Haven	203 907 3550
New Haven	Advanced Nursing & Rehab Center of New Haven	203 789 1650
New Haven	The Mary Wade Home	203 562 7222
Orange	Orange Health & Rehab.	203 795 0835
Seymour	Shady Knoll Health Center	203 881 2555
Shelton	Bishop Wicke	203 929 5321
Shelton	Hewitt Health & Rehab Center/Apple Rehab	203 924 4671
Shelton	Shelton Lakes/Apple Rehab	203 924 2635
Shelton	Gardner Heights/Apple Rehab	203 929 1481
Stratford	Lord Chamberlain	203 375 5894
West Haven	Paradigm Healthcare Center of West Haven	203 654 2100

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Town	Health & Rehab Center	Phone
West Haven	Harbor View Manor of West Haven/Apple Rehab	203 932 6411
Woodbridge	Willows Rehab and Nursing Center	203 387 0076

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