

Hospital Discharge Checklist

Your Guide to a Safe Transition Home

Leaving the hospital can feel overwhelming for families. This checklist is designed to help you stay organized and confident during recovery at home. Use it to track medications, safety steps, follow-up plans and daily routines so nothing important is missed.

Before Leaving the Hospital

- ☐ I understand all new medications and when to take them (Clear instructions reduce the risk of missed doses or confusion.)
 - ☐ I know which medications to stop (Doctors may discontinue older prescriptions that could interfere with new ones.)
 - ☐ I have written wound care instructions (Proper dressing changes and skin checks prevent infections.)
 - ☐ I know what symptoms mean I should call the doctor (Fever, sudden pain, or breathing issues require immediate attention.)
 - ☐ I know when and where follow-up appointments are (Appointments should be scheduled before leaving the hospital.)
 - ☐ I have contact numbers for the doctor, pharmacy and home health (Keep these posted in a visible spot at home.)
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Preparing the Home

- ☐ Pathways are clear of clutter, rugs, cords (Reduces fall risks in the first fragile days at home.)
- ☐ Bathroom safety is set up with grab bars, raised toilet or shower chair (Ensures safe, independent hygiene.)
- ☐ A comfortable sleeping arrangement is ready (Consider a main-floor setup if stairs are a concern.)
- ☐ Meals and groceries are planned for the first week (Good nutrition fuels healing.)

- ☐ Equipment is delivered such as walker, oxygen, or other supplies (Have all items ready before discharge.)
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Support Plan

- ☐ Family schedule is organized so someone is home (Ensures support is always available.)
 - ☐ Transportation is arranged for appointments (Missed follow-ups are a common reason for readmission.)
 - ☐ An in-home caregiver or home care agency is confirmed (Professional support fills gaps family alone cannot cover.)
 - ☐ Emergency plan is written with contacts listed (Avoids last-minute panic when urgent issues arise.)
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First 72 Hours at Home

- ☐ Pain is managed with medications and reminders (Comfort encourages movement and healing.)
 - ☐ Hydration and meals are consistent (Prevents fatigue, confusion, and delayed healing.)
 - ☐ Short walks are taken safely each day (Supports circulation and strength.)
 - ☐ No new fever, drainage, or shortness of breath appear (Track symptoms closely and call the doctor if they occur.)
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First 2 Weeks

- ☐ All follow-up appointments are attended (Keeps recovery on track with physician oversight.)
- ☐ Medications are managed without missed doses (Routine is critical during the adjustment phase.)
- ☐ Caregiver support is adjusted as needed (Modify hours or services based on progress.)

- ☐ Nutrition, sleep, and mobility are improving (Signals recovery is moving in the right direction.)
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First 30 Days

- ☐ Recovery goals are reviewed with the care team (Check progress against the doctor's plan.)
 - ☐ Strengthening exercises are added as approved (Helps rebuild independence and prevents decline.)
 - ☐ Home safety is re-evaluated (Update as mobility improves or changes.)
 - ☐ Care plan is reassessed (Decide if continued caregiver support is needed long term.)
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A checklist helps you stay prepared, but recovery is easier with hands-on support. CARE Homecare provides professional post-hospital and post-surgery care across Los Angeles and Orange County. Contact us to learn how we can help your loved one recover safely at home. If you're in Los Angeles or Orange County, California, [contact us today](#) to speak with a post-hospital home care coordinator.



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