

# **Information for Caregivers**

What should you ask before leaving UHN?

'Discharge from the hospital' means getting ready to leave after a hospital stay. Going from full-time support at the hospital to managing alone can be a big change for a caregiver. Before you leave the hospital, it is important to talk to your care team about your next steps.

Here are some questions you can ask the care team as you get ready to leave the hospital.

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# Discharge Plan —————

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- When will the patient be discharged?
  - Where are they being discharged to? (i.e. a private home, a rehabilitation facility or returning to another facility)
- Do they need new medical equipment or mobility aids when leaving (i.e. crutches, a wheelchair or a walker)?
  - If yes, ask your care team where you can rent or purchase the equipment.
  - Ask your care team if you need training on how to use the equipment.
- Does transportation need to be arranged to get them home (i.e. Wheel-Trans or a patient transfer service)?
- Ask your care team how to schedule this, and who will arrange it.

### Act

Let the care team know you are the patient's caregiver and what your role will be when the patient leaves UHN.



## Medications

### Ask

- Have any medications been added, stopped, or changed?
- What medications do they need to stop taking? Why?
- How must they take medications? For how long?
- Do any of the medications have interactions with each other?
- Will any of these medications need to be refilled at the pharmacy?
- What side effects should we watch out for?

#### Act

Tell your healthcare team about any medications the patient was taking before their hospital stay.

<b>Notes</b> Take notes when talking to doctors, nurses, or other care providers about leaving the hospital. Write down answers to your questions, important names, dates and/or phone numbers.		

## **The Caregiver Resource Hub**

Visit the Caregiver Resource Hub to find services and resources to support you in your caregiving role. Created by caregivers, for caregivers.





## Ask

- If I have concerns about the patient's health, how will I know if they should go to their primary care provider or go to the emergency room?
- Will there be follow-up appointments with UHN specialists?
  - If yes, when are they?
- What symptoms are normal for their health condition?
- Who should I call with questions or concerns about the recovery plan?
- What support groups or services are available to caregivers?

## **Act**

Schedule a follow-up appointment for the patient with their primary care provider (family doctor or nurse practitioner) within 1 week of getting home.





Lifestyle ———————	
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Ooes the patient have to make any changes to their diet?  If yes, what changes?  Where can I find more information about diet changes?  Ask if they will be ready to do the activities below.  Bathing, dressing, using the bathroom, walking, climbing stairs  Cooking, grocery shopping, house cleaning  Driving a vehicle or using public transit  Ask the care team to show you any task that requires special skills	
.e. changing a bandage).	
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