



## Notes

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.

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire width, typical of notebook or legal stationery. The background is a solid off-white color, and there are no margins, text, or other markings present.

## 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.



## Ask

- Does 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 (i.e. changing a bandage).



## Ask

- Will they need home care (i.e. at-home visits from a nurse or other health care provider) or personal support care (i.e. help with bathing, dressing, or cooking)?
  - If yes, who will set this up for us?
  - How much will this cost?
- Ask your care team about other organizations within your community that can support both you and the patient through recovery.

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