A Roadmap to your

Discharge from the Hospital



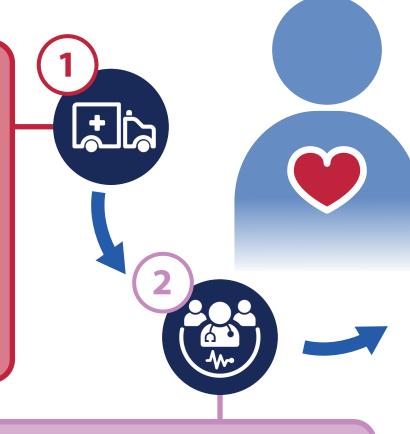
After hospital stays, many patients can continue their recovery at home with appropriate home care services. This approach to care is called **Home First**, and UHN is committed to working with **Ontario Health atHome** to ensure patients receive the right care at the right time and in the right place.

Here is an overview of what to expect from admission to discharge. Please note that every patient's care journey is different, and some details may not apply to you.



At admission

- Meet my care team
- Have my health assessments
- Talk about my care goals
- Begin treatment(s)
- Involve my caregivers or support persons in my care
- Begin early planning for leaving the hospital





While in hospital

- Continue working on my care goals
- Learn when I will leave the hospital
- Find out who can answer my questions about discharge
- Plan my transportation home

- Discuss support I might need when I leave the hospital
- Arrange equipment I may need
- Learn how to manage new health conditions, such as changes to my medicines, lifestyle, activity, or nutrition





Day of discharge

- Receive my printed discharge information and other patient education documents
- Ask any questions I still have before leaving
 - Find out who to call if I need help after leaving
 - Get ready to leave the hospital by 10 am (the time may change)



Getting ready for discharge

- Oheck in with my caregivers or support persons about their role in my care
- Confirm plans for:
 - transportation
 - medication(s)
 - any equipment I need
 - community care services and supports

- Review my self-care instructions:
 - signs & symptoms to expect
 - signs of an emergency
 - who to contact with questions after discharge
 - follow-up appointments I need to book
 - follow-up appointments already booked
 - · changes to my medicines
 - lifestyle changes I need to make