



# Getting Ready for Discharge

There are many things to do before leaving the hospital. Below is a list of things to do during rehab to prepare you for discharge. Before discharge, most patients will have a Patient Oriented Discharge Strategy (PODS) meeting. During the meeting, you will meet with members of your care team to review your discharge plans. The PODS meeting and this checklist will help prepare you for discharge.

### Supplies & Equipment

- Order bladder supplies to be delivered to your home.
- Arrange for equipment to be delivered and installed.
- Get copies of equipment prescriptions for insurance and tax purposes.

### Appointments

- Register for the myUHN patient portal ([www.myUHN.ca](http://www.myUHN.ca)) to know when appointments are booked and read hospital notes.
- Confirm that your physiatrist (rehabilitation doctor) follow-up appointment is booked.
- Book an appointment with your regular family doctor within the first few weeks of discharge.
- Confirm start dates and times of your personal care supports (CCAC, attendants).
- Sign up with Spinal Cord Injury Ontario. Make an appointment to connect with your Regional Services Coordinator.
- Confirm the dates and times of your outpatient appointments. Be sure you have important contact information for scheduling or questions.

### Medications

The hospital will not give you medications after discharge. You will need to set up your drug prescriptions with your local pharmacy. Before leaving, your doctor will give you prescriptions. Your regular family doctor will need to renew your prescriptions after that.

- Provide the Lyndhurst pharmacist with contact details for your local pharmacy. They will need this to order your medications in advance.

OR

Contact your Health Care Team for more information.

PLANNING



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- Your prescription from your Lyndhurst doctor will be sent to your local pharmacy. Pick up your medications on the way home.

## Transportation

When leaving the hospital, you will need to arrange for your own transportation. Options include Wheel-Trans, wheelchair taxi, or a family or friend's vehicle.

- You will need to leave your hospital room with all belongings by 9:00 am.

## Spinal Cord Essentials Handouts

- Review your binder and pick up handouts you need. Handouts can also be found online at [www.SpinalCordEssentials.ca](http://www.SpinalCordEssentials.ca).

## Home Exercise Program

- Learn your home exercise program. Teach your caregivers how to assist with your home exercise program.