

Discharge Checklist

During your stay at Valley Presbyterian Hospital, your doctor and hospital staff will work with you to plan your discharge. You and your caregiver- a family member or friend - are key members of the planning team.

Our goal is to discharge you by 11 AM on your day of discharge, so plan to leave before noon, and discuss the items on the checklist below with your doctor, nurse, case manager or social worker throughout your hospital stay.

A hospital discharge is a two-part process:
“Planning for your Discharge” and your **“Day of Discharge”** tasks.

Planning for Discharge

- 1 Do you have questions/concerns about your hospital discharge? Ask to speak to your assigned case manager or social worker.
- 2 Think about your home setting and daily activities. Mark the activities you are concerned about:
 - Climbing stairs
 - Bathing/Dressing | Using bathroom
 - Cooking/Food Shopping/House cleaning
 - Driving to doctor’s appointments/ picking up prescriptionsSpeak to your case manager and/or social worker about your concerns so we can help you come up with a plan for managing your activities.
- 3 Ask if you will need care after discharge. Ask where/how you will get the care you need like dialysis treatments, appointment (chair time), and transportation.
- 4 Do you have options and choices like Home with Home Health nursing versus a Skilled Nursing facility?
- 5 Ask if you will need any equipment like a front wheel walker or a hospital bed and who will arrange its delivery.
- 6 Ask VPH staff (nurse/physical therapist) to show you or your caregiver how to do any tasks that require special skills, such as changing your wound or surgery site dressings (bandages), giving a shot, or safely using a walker.
- 7 Ask your doctor or nurse to verify your discharge date. Make sure the person driving you home knows the day you are discharging and will pick you up before noon.

