

## CHECKLIST - Preparing for a Hospital Stay

Dates anticipated to be in hospital: \_\_\_\_\_



### BEFORE HOSPITAL STAY:

- Give trusted person spare key to home.
- Choose a home care agency or caregiver to use, if needed when I come home.
- Arrange appointment with In-Home Supportive Services in advance, if plan to utilize service in future .
- Have cash on hand to provide to someone who can buy groceries or meds or needed equipment for me.
- Buy extra hearing aid batteries.
- Ask someone to be my hospital advocate, available to speak and listen to what hospital staff says.
- Decide how I want visitors handled.
- Complete my durable power of attorney for health care form, explain my health care wishes to my agent.

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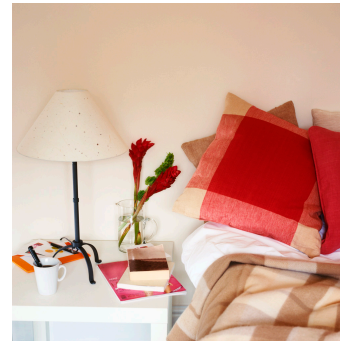
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**PRIOR TO LEAVING HOSPITAL, Arrange for someone to:**

- Shop for food.
- Make some meals.
- Change bed linens.
- Tidy house.
- Fill all the prescriptions from hospital in advance so I have medication in hand when I leave hospital.
- Decide what help will be needed to handle stairs at my home.
- Ask for someone to purchase any durable medical equipment (shower chair, transfer bench, raised toilet seat, etc.) I may need.
- Arrange for person to transport me home.
- Arrange for someone to stay with me first night or so.
- Decide if I want visitors at home and how soon, ask one person to explain to friends for me, if needed.
- Ask clergy to visit.
- Ask someone to make hair/nail care appointment for me (to come to my home, if needed).



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