

Going home from the hospital

A two-page discharge checklist for older adults and caregivers

Use this guide to record your home-care plan before you leave the hospital.

Name:

Discharge date:

Hospital / unit:

Person supporting me:

CHECK FIRST

Ask for written instructions you can understand. Tell the team if you are worried about managing safely at home.

Before I go home

- ☐ I understand why I was in the hospital and what has changed.
- ☐ I have a written discharge plan and know where I am going after the hospital.
- ☐ I know what help, equipment and supplies I need, and who is arranging them.
- ☐ I or my care partner have practised any new care tasks.
- ☐ I have transport, access to my home and the support I need for the first days.

My home-care plan

Where I am going after the hospital

Who will help and what they will do

Services, equipment or supplies arranged

Care instructions I need to follow

Before I leave

- ☐ I can explain the plan in my own words.
- ☐ I can obtain my medicines and know who can answer medicine questions.
- ☐ I know which changes mean I should contact the team or get urgent help.
- ☐ I have my follow-up details and know who will receive the hospital information.

Author and clinical reviewer: Anuolu Bank-Oni, PharmD, CDE, BCGP

General information for a healthcare conversation. It does not replace advice or instructions from your healthcare professional.

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Medicines follow-up and contacts

My discharge record

Use this page to record what changed and confirm what happens next.

CHECK FIRST

Compare the discharge list with what you took before admission. Ask about every difference. Do not change a medicine unless your healthcare team tells you to.

Medication changes

Medicine or product	Change made	How and when to use	Reason or notes

Follow-up arrangements

Appointment, test or service	Date and time	Contact or location

Results still expected:

Who to contact

Questions or concerns:

After hours:

Emergency number:

Sources: CMS. Your Discharge Planning Checklist. December 2025.
AHRQ. IDEAL Discharge Planning. Accessed September 2026.

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