

Discharge Day: Ask These Ten

The hardest hour to think clearly is the one with the most decisions.

For: _____ Date: _____

- ☐ Which medications changed in the hospital?
New, stopped, or new doses — get the list on paper.
- ☐ What exactly are we watching for at home?
The warning signs that mean call — or come back.
- ☐ Who do we call at 2 a.m. — and at what number?
- ☐ When is the follow-up visit, and who books it?
Within how many days?
- ☐ What equipment does home need before arrival?
Bed, walker, oxygen, rails — and who orders it.
- ☐ Is home health or rehab ordered — starting when?
- ☐ What can they do alone now — and what needs help?
Stairs, bathing, cooking, driving.
- ☐ Are the discharge papers written for US to read?
Ask them to translate anything clinical.
- ☐ What results are still pending — who calls us?
- ☐ Can you repeat the whole plan back to us once?
The teach-back. Do not skip it.

Go-bag while you wait: med list • insurance card • charger • house keys • this page.

Or skip the pen: record the visit with PresentCare —

the app writes the summary, meds and tasks for the whole family.

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