

Hospital Discharge Day: Caregiver Checklist

Use this AT the hospital, before you accept discharge — companion to “How to prepare for a hospital discharge.”

Days before discharge (yes, you can start early)

- ☐ Ask to be included in discharge planning — tell the nurse and case manager on day one
- ☐ Be honest about what care you can actually provide at home — this determines services
- ☐ Ask: “What will my loved one need daily, and who is going to do each thing?”
- ☐ Request equipment orders early (walker, hospital bed, oxygen) — delivery takes time

The discharge meeting — do not leave without

- ☐ Written discharge summary you've read and understood
- ☐ Medication reconciliation: what's new, changed, and stopped — reviewed line by line
- ☐ Warning signs list: what means “call the doctor” vs “go to the ER”
- ☐ Follow-up appointments BOOKED with dates, not “call to schedule”
- ☐ Home health orders confirmed: which agency, and when they'll first call
- ☐ A name and direct number for questions in the first 72 hours

If it doesn't feel safe to go home

You can say: “I don't believe this is a safe discharge, and I'd like that documented.” Ask about rehab or skilled nursing options. Medicare patients have the right to a fast appeal of a discharge decision — ask the hospital for the QIO notice.

Ride home logistics

- ☐ Prescriptions filled BEFORE leaving or same day
- ☐ Comfortable clothes, ID, insurance cards packed
- ☐ Home prepped: food, clear paths, recovery space ready

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