

PHASE 1 · BEFORE YOU LEAVE HOSPITAL — complete together with hospital staff

Going home after hospital — a quick checklist

Two parts: hospital staff work through Phase 1 with the family before discharge; families take this home and use Phase 2 as a guide for the first 2–3 weeks.

Patient's name: _____ Date of discharge: _____

1. Medications

- ☐ Reviewed the discharge medication list line by line
- ☐ Know what changed, what stopped, and what's new
- ☐ Medication administration plan confirmed — who gives it, and how (dosette box, reminders)

Who to call with medication questions: _____

2. Wound & surgical site (if applicable)

- ☐ Dressing-change plan confirmed — who does it, and how often
- ☐ Wound-care supplies provided or prescribed
- ☐ Know the signs of infection to watch for (see Phase 2, overleaf)

3. Mobility & equipment

- ☐ Mobility equipment (walker, raised toilet seat, shower chair) confirmed ready at home — not just ordered
- ☐ OT home visit arranged, if recommended
- ☐ Transport home arranged

4. Follow-up & paperwork

Next appointment: _____

- ☐ Discharge summary or referral letters given to family
- ☐ Sick note / return-to-work documentation provided, if needed

5. Emergency information — fill in before leaving

Call the GP if: _____

e.g. fever, new confusion, chest pain, wound redness or discharge

Go straight to hospital if: _____

e.g. difficulty breathing, severe pain, unresponsive

Ambulance: _____

e.g. 10177 / 112, or your medical aid's emergency line

PHASE 2 · IN THE FIRST WEEKS AT HOME — for the family to work through

Keep this page at home and refer back to it

Work through these over the first 2–3 weeks. If anything here doesn't match what you were told at discharge, call the number on Phase 1 rather than guessing.

6. Medication routine

- ☐ Following the routine confirmed at discharge
- ☐ Watching for side effects or unusual reactions
- ☐ Repeat prescriptions ordered before running out

7. Wound care at home (if applicable)

- ☐ Checked wound or dressing daily for redness, swelling, warmth, or discharge
- ☐ Dressing changed on the agreed schedule
- ☐ Wound looks the same or better each day, not worse

8. Home safety

- ☐ Stairs, lighting, loose rugs, and bathroom rails checked
- ☐ Walkways kept clear day to day
- ☐ Pets and other household hazards managed

9. Someone consistently there

- ☐ Named who is responsible for checking in each day — not left assumed

That person is: _____

Backup, if that person is unavailable: _____

10. Red flags — quick reference (copy from Phase 1)

Call the GP if: _____

Go straight to hospital if: _____

Ambulance: _____ After-hours GP: _____

If support is needed at home

Agapé Care places vetted, directly-employed caregivers for non-clinical support in Cape Town — daily living, mobility, and consistent presence.

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