



YOUR NEXT STEP

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AFTER A HOSPITAL STAY CHECKLIST

Safe and Comfortable Return Home

A little planning and support can make recovery easier and help prevent setbacks.



1. BEFORE LEAVING THE HOSPITAL

- Understand all discharge instructions
- Ask questions if anything is unclear
- Get a written list of medications



Clear instructions and information build confidence at home.



2. MEDICATIONS

- Fill prescriptions right away
- Follow dosage instructions carefully
- Watch for side effects



Take medications as directed to support healing and avoid complications.



3. PREPARING YOUR HOME

- Create a safe, comfortable resting area
- Remove tripping hazards (rugs, clutter)
- Prepare simple meals in advance



A safe and comfortable home helps you heal.



4. FOLLOW-UP CARE

- Book follow-up appointments
- Arrange transportation if needed
- Set reminders for medications



Follow-up care helps track progress and prevents problems.



5. GETTING SUPPORT

- Ask family or friends for help
- Arrange home care if needed



You don't have to do it alone. Accepting help makes recovery smoother.



Remember: Take things one day at a time. Rest, follow your plan, and reach out for help when you need it.



YOUR NEXT STEP
Resources for Life's Transitions

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Helping Seniors and Families Make Confident Decisions for a Better Tomorrow.