



# Important Discharge Questions

## Questions Caregiver's Should to Ask

**WHEN PREPARING FOR THE DISCHARGE OF A FAMILY MEMBER FROM A MEDICAL FACILITY, CAREGIVERS SHOULD ASK A RANGE OF QUESTIONS TO ENSURE THEY ARE FULLY PREPARED FOR ONGOING CARE AND THAT THEY UNDERSTAND ALL ASPECTS OF THEIR LOVED ONE'S RECOVERY.**

HERE ARE SOME KEY QUESTIONS CAREGIVERS SHOULD ASK:

### 1. MEDICAL AND PHYSICAL CARE NEEDS

- WHAT SPECIFIC MEDICAL CONDITIONS OR DIAGNOSES SHOULD I BE AWARE OF AS THEY LEAVE THE FACILITY?
- ARE THERE ANY SIGNS OR SYMPTOMS THAT SHOULD PROMPT ME TO SEEK MEDICAL ATTENTION IMMEDIATELY?
- WHAT MEDICATIONS WILL MY FAMILY MEMBER NEED TO TAKE, AND WHAT ARE THE DOSAGES, TIMES, AND METHODS OF ADMINISTRATION?
- WILL THEY NEED ANY SPECIALIZED TREATMENTS, SUCH AS WOUND CARE, PHYSICAL THERAPY, OR RESPIRATORY SUPPORT?
- ARE THERE ANY SPECIFIC DIETARY RESTRICTIONS OR REQUIREMENTS?

### 2. FOLLOW-UP CARE AND APPOINTMENTS

- WHAT FOLLOW-UP APPOINTMENTS ARE NEEDED, AND WHEN SHOULD I SCHEDULE THEM?
- ARE THERE ANY SPECIFIC TESTS OR ASSESSMENTS THAT NEED TO BE SCHEDULED AFTER DISCHARGE?

### 3. HOME ENVIRONMENT AND SAFETY

IS THE HOME ENVIRONMENT SUITABLE FOR THEIR RECOVERY (E.G., ACCESSIBILITY, MOBILITY AIDS)?

- DO I NEED TO SET UP ANY HOME HEALTH SERVICES OR IN-HOME CARE?

### 4. EMOTIONAL AND PSYCHOLOGICAL SUPPORT

- HOW CAN I SUPPORT THEIR MENTAL AND EMOTIONAL WELL-BEING DURING RECOVERY?
- SHOULD I BE CONCERNED ABOUT SIGNS OF DEPRESSION, ANXIETY, OR CONFUSION POST-DISCHARGE?



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### 5. INSURANCE AND FINANCIAL CONCERNS

- DOES MY INSURANCE COVER ANY HOME CARE OR FOLLOW-UP SERVICES, AND HOW DO I ACCESS THOSE BENEFITS?
- ARE THERE ANY OUT-OF-POCKET COSTS I SHOULD ANTICIPATE FOR MEDICATIONS, EQUIPMENT, OR SERVICES?
- DO I NEED TO GET ANY SPECIAL DOCUMENTATION OR APPROVALS FOR MEDICAL SUPPLIES OR SERVICES?

### 6. SYMPTOMS AND WARNING SIGNS

- WHAT SYMPTOMS OR CHANGES IN CONDITION SHOULD I BE MONITORING FOR DURING RECOVERY (E.G., FEVER, PAIN, SWELLING, DIZZINESS)?
- WHAT SHOULD I DO IF THERE'S A SUDDEN CHANGE IN THEIR CONDITION, OR IF THEY EXPERIENCE A SETBACK?

### 7. CAREGIVER SUPPORT AND TRAINING

- WILL I NEED ANY TRAINING OR EDUCATION TO CARE FOR MY LOVED ONE (E.G., WOUND CARE, USING MEDICAL EQUIPMENT)?
- ARE THERE ANY CAREGIVER SUPPORT GROUPS OR RESOURCES AVAILABLE TO HELP ME MANAGE THEIR CARE?
- IS THERE ANY ADVICE ON HOW TO MANAGE THE STRESS AND EMOTIONAL CHALLENGES OF CAREGIVING?

### 8. MEDICATIONS AND TREATMENTS

- ARE THERE ANY SIDE EFFECTS I SHOULD WATCH FOR WITH THEIR MEDICATIONS, AND WHAT SHOULD I DO IF THEY EXPERIENCE THEM?
- SHOULD ANY MEDICATIONS BE DISCONTINUED OR ADJUSTED AFTER DISCHARGE?
- ARE THERE ANY NON-MEDICAL TREATMENTS OR THERAPIES THAT WILL HELP IN THEIR RECOVERY?

**BY ASKING THESE QUESTIONS, CAREGIVERS CAN BETTER UNDERSTAND THEIR LOVED ONE'S MEDICAL NEEDS, ENSURE A SAFE AND SMOOTH TRANSITION HOME, AND FEEL MORE CONFIDENT IN PROVIDING EFFECTIVE CARE.**