

Going Home: A Preparation Checklist



Home Preparation Checklist

Discharge planning should begin on the day of admission, not on the day you leave. Effective discharge planning reduces the risk of readmission, ensures continuity of care, and helps you recover safely at home or in a care facility.

The big day is almost here! Before you or your loved one heads home, let's make sure everything is in order. Print and use this checklist to prepare the home before your loved one's hospital discharge. Check off each item as it is completed.

Patient Name: _____

Discharge Date: _____

Completed By: _____





Durable Medical Checklist

- Contact Smart Medical Products & Services (www.smartmedgroup.com) to assess equipment needs
- Confirm delivery and setup of hospital bed, wheelchair, or walker (as prescribed)
- Ensure oxygen concentrator or other respiratory equipment is delivered and functional
- Obtain and install grab bars in bathroom (near toilet and shower/tub)
- Set up raised toilet seat or commode, if needed
- Place shower chair or tub transfer bench in bathroom
- Confirm all equipment fits through doorways and in intended spaces
- Verify insurance coverage and DME authorizations are in place

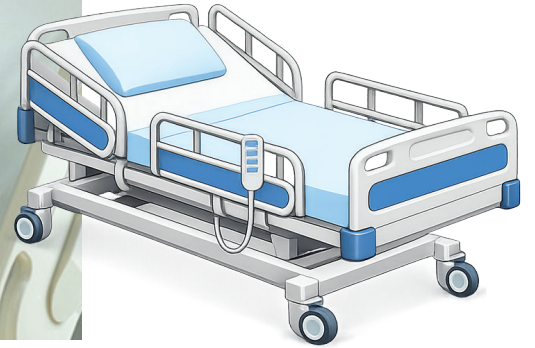




Home Environment & Safety

- Remove all throw rugs and loose mats from pathways (major fall hazard)
- Secure or remove loose electrical cords from walking areas
- Rearrange furniture to create wide, clear paths (36" minimum width recommended)
- Install nightlights in hallways, bedroom, and bathroom
- Move frequently used items to waist height – no bending or reaching up
- Consider a temporary first-floor sleeping arrangement if stairs are a concern
- Ensure doorways are clear and door handles are easy to operate
- Check outdoor access – ramp, handrails, or step modifications as needed





Bedroom Set-Up

- Bed is at a safe height – patient can get in and out without straining
- Hospital bed rails or bed rail assist bar installed (if prescribed)
- Bedside table within easy reach with water, phone, medications, and call button
- Non-slip slippers or footwear available next to the bed
- Extra pillows or positioning wedges available for comfort





Medication & Medical Supplies

- All prescriptions picked up from pharmacy before discharge day
- Medication schedule written out clearly and placed in visible location
- Wound care supplies stocked (gauze, antiseptic, bandages as directed)
- Blood pressure cuff, glucometer, or other monitoring devices in place
- Emergency contact list posted visibly in kitchen and by main phone





Caregiver & Support Planning

- First 48-72 hours of help arranged (family, friend, or home health aide)
- Home health or visiting nurse visits scheduled (if ordered by physician)
- All follow-up doctor appointments confirmed and on calendar
- Transportation arranged for follow-up appointments
- Primary caregiver trained on any equipment or wound care procedures
- Backup caregiver identified in case primary is unavailable





Communication & Emergencies

- Patient has a working phone or call button within reach at all times
- Emergency contacts (family, physician, 911) posted or saved on phone
- Smart Medical Products & Services contact info saved for equipment questions
- Know the after-hours process for contacting the home health agency or physician
- Medical alert device or wearable (e.g., Life Alert) considered and ordered if appropriate

