

A CHECKLIST FOR DISCHARGING HOME DURING COVID-19

Is your loved one discharging home from a hospital or rehab facility? Use this checklist to navigate the decisions ahead with peace of mind so your loved one has a successful transition.

Before Discharge

Medication

- ☐ Compare medications from before discharge with current medications.
 - ☐ Discuss changes with Primary Care Physician
 - ☐ Remove medications that are no longer needed
- ☐ Determine when each medication will need a refill
 - ☐ Identify which pharmacy/doctor needs to be contacted to get a refill
 - ☐ Have 30 to 90 days worth of medication

Follow-up appointments

- ☐ Determine which appointments are needed or already scheduled (both specialist and primary care)
- ☐ Determine if follow-up appointments will be in-person or telemed
- ☐ Contact Doctor's office and determine follow-up plan (Due to COVID-19, appointments might be limited. Contact the doctor's office ASAP to understand what the follow-up plan will be.)
- ☐ Touch-base with the Primary Care Provider for follow-up within one week of discharge
- ☐ Determine if any additional assessments from therapy providers are needed. This should be completed by the Rehab or Skilled Nursing community before discharge.
- ☐ Identify what signs and symptoms to watch out for, and who to contact if symptoms show. (If you have questions, you can contact the Rehab or Skilled Nursing community within 30 days of discharge.)
 - ☐ Who to contact? _____

Durable Medical Equipment

Examples include hospital bed, shower chair, grab bars, etc...

- ☐ Determine if any durable medical equipment is needed or is being provided at discharge.
 - ☐ If not, contact doctor or insurance for additional resources

Home Health Care

Examples include Visiting Nurses or In-home Therapies

- ☐ Determine if Physical Therapy, Occupational Therapy, or Visiting Nurses are needed.
 - ☐ If yes, identify which company will provide care. Determine what are their current protocols around COVID-19 with home health visits.
 - ☐ Confirm what the schedule for follow-up will be.

Home Care

These are in home caregivers to help with daily living tasks

- ☐ Determine what the frequency of visits will be
- ☐ Identify where the medications should be stored
- ☐ Confirm the medication dosages and timing, or if there is a Mediset or Pill Container.
- ☐ Find out their current COVID-19 protocols.
- ☐ Confirm what care you expect to be provided

Around the Home

- ☐ Clean the house before discharge.
- ☐ Set up a routine to clean commonly touched surfaces.
- ☐ Remind family members/visitors of proper handwashing practices.
- ☐ Create an emergency contact list and list for local aid organizations.
- ☐ Create a list of doctor's office and phone numbers
 - ☐ Include the number of the Rehab or Skilled Nursing Facility (Note: You often are eligible for additional care within 30 days of being discharged, contact your insurance plan for more information.)

Create a Healthcare Binder

This can be helpful for the home health providers and caregivers, and can be taken to doctor's appointments to keep all healthcare providers up-to-date.

- ☐ List of doctors with phone numbers
- ☐ Emergency Contact List
- ☐ Current Medication List. Include PRNs (Prescribed as Needed) medications
- ☐ Advance Directives
 - ☐ Copy of Do Not Resuscitate (if applicable)
 - ☐ Copy of Durable Power of Attorney/Guardianship Paperwork
 - ☐ Copy of Living Will
- ☐ Appointment Tracker with dates of appointments (Can include visit summary)
- ☐ Medical History/Records (optional)