



Hospital Discharge Checklist



**Scan the QR code to learn
more or contact our team.**

www.thewholeperson.org

Preparing for a Safe and Successful Transition Home

Leaving the hospital is an important milestone, but recovery doesn't end when you walk out the door. Planning ahead can help make your return home safer, more comfortable, and less stressful for you and your family.



Use this checklist to organize your next steps and identify any questions you may have before returning home.

The Day Before You Go Home

Four Things to Do Before You Leave

Pick Up Your Medications

Make sure you know what medications you'll be taking, when to take them, and where your prescriptions will be filled.

Arrange Transportation

Confirm how you'll get home from the hospital and whether you'll need help getting into your home or attending follow-up appointments.

Prepare Your Home

Take a few minutes to remove tripping hazards, prepare meals if possible, and make sure frequently used items are easy to reach.

Confirm Your Support System

Talk with family members, friends, or caregivers about any help you may need during the first days or weeks of recovery.



Before You Leave the Hospital

- ☐ I understand my diagnosis and recovery plan.
- ☐ I know what symptoms or warning signs I should watch for.
- ☐ I know who to contact if I have questions after I return home.
- ☐ I have all of my prescriptions or know where to fill them.
- ☐ I understand how and when to take my medications.
- ☐ My follow-up appointments have been scheduled.
- ☐ I know whether I have any activity or lifting restrictions.



Is My Home Ready?

Ask yourself these questions before you return home.

Getting Around

- ☐ Can I safely enter and leave my home?
- ☐ Are walkways clear of clutter?
- ☐ Are loose rugs or electrical cords removed?
- ☐ Are frequently used items easy to reach?

Bathroom Safety

- ☐ Do I have grab bars or sturdy supports if needed?
- ☐ Is a shower chair recommended?
- ☐ Are non-slip bath mats in place?
- ☐ Is the bathroom easy to access?

Bedroom

- ☐ Is my bed easy to get in and out of?
- ☐ Do I have adequate lighting at night?
- ☐ Is my phone within easy reach?

Kitchen

- ☐ Do I have groceries or meals available?
- ☐ Are commonly used items stored where I can safely reach them?
- ☐ Do I have help with meal preparation if needed?

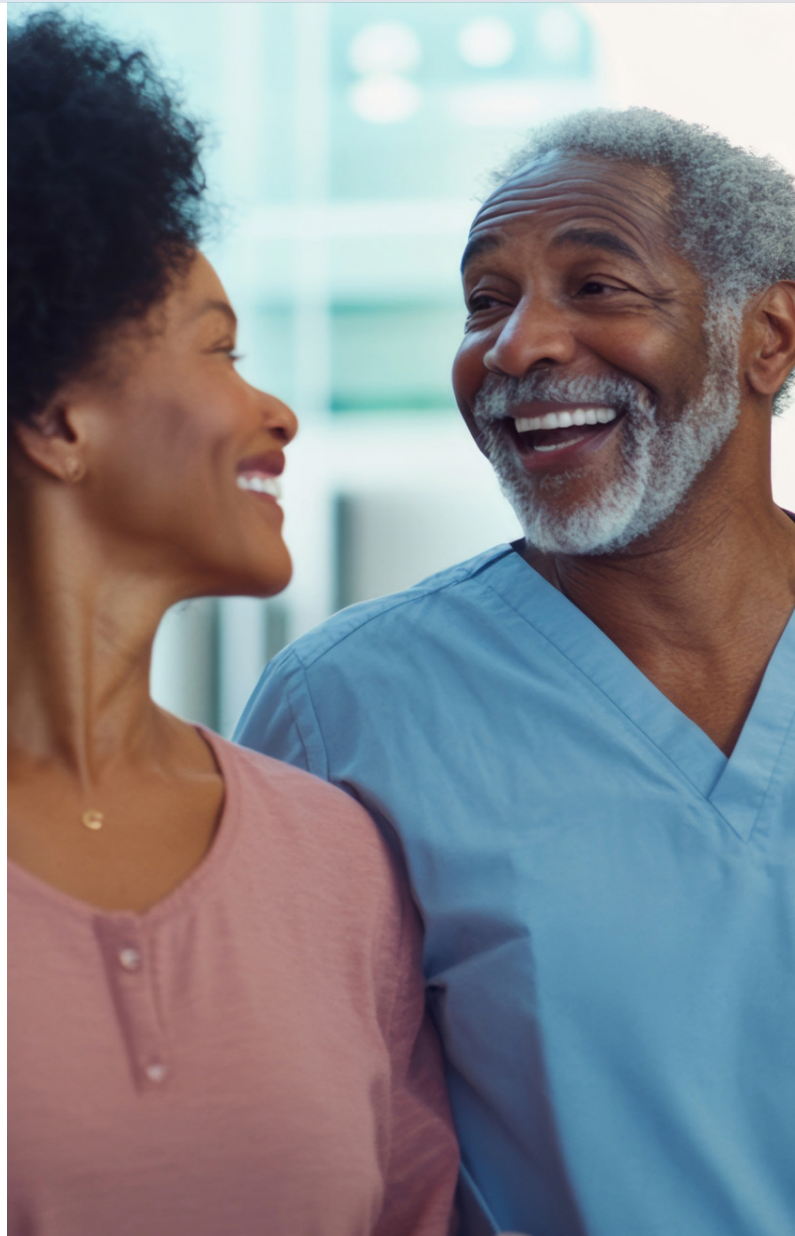


Do I Have the Help I Need?

Recovery is easier when you have support.

**Consider whether you'll
need assistance with:**

- ☐ Bathing
- ☐ Dressing
- ☐ Meal preparation
- ☐ Housekeeping
- ☐ Transportation
- ☐ Grocery shopping
- ☐ Medication reminders
- ☐ Mobility
- ☐ Pet care
- ☐ Child care



Learn more on our website:
www.thewholeperson.org

Medical Equipment Checklist

Will you need any of the following?

- ☐ Walker
- ☐ Wheelchair
- ☐ Cane
- ☐ Shower chair
- ☐ Raised toilet seat
- ☐ Hospital bed
- ☐ Oxygen or other medical equipment

If you're unsure what equipment may be helpful, ask your healthcare team before leaving the hospital.



Questions to Ask Before You Go Home

- ✓ What activities should I avoid?
 - ✓ When should I call my healthcare provider?
 - ✓ When should I seek emergency care?
 - ✓ How long is my expected recovery?
 - ✓ Do I need physical or occupational therapy?
 - ✓ Will I need help at home?
 - ✓ Are community resources available to support my recovery?
- 



Continue Learning

How to Stay Independent After a Hospital Stay



Learn practical ways to prepare your home, stay safe, and maintain your independence during recovery.

The Differences Between In-Home Care, Home Health Care, and CDS and HCBS Programs



Learn the differences between Help at Home, Home Health, CDS, and HCBS programs so you can choose the right support for yourself or a loved one.

5 Home Modifications to Help Prevent Falls



Discover simple changes that can make your home safer and reduce the risk of falls during recovery.



Your Recovery Doesn't End at the Hospital

Going home is an exciting step, but it's also the beginning of the next phase of recovery. Having the right information, support, and resources can make that transition smoother and help you maintain your independence.

Whether you need guidance, home care information, transportation resources, or simply someone to answer your questions, The Whole Person is here to help.

One conversation can help you take the next step with confidence.





Contact The Whole Person

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