

Going Home After Rehab: A Family Checklist

A discharge date can come quickly. Before your parent returns home, take a few minutes to make sure the right support is in place for a safer, smoother transition.

Before Leaving Rehab

☐ **Understand the discharge instructions**

Know what your parent should and should not do once home, including activity restrictions and follow-up care.

☐ **Review medications**

Make sure you know which medications should be taken, when they should be taken, and whether any medications have changed.

☐ **Schedule follow-up appointments**

Confirm appointments with the primary care physician, specialists, therapy providers, or other healthcare professionals.

☐ **Know what services are being ordered**

Ask whether home health, physical therapy, occupational therapy, nursing, or other services have been recommended and when they are expected to begin.

Make Sure Home Is Ready

☐ **Think about mobility**

Can your parent safely get in and out of bed, use the bathroom, manage stairs, and move around the home?

☐ **Look for fall risks**

Remove loose rugs, cords, clutter, and other obstacles. Make sure commonly used areas are well lit.

☐ **Have necessary equipment in place**

Confirm that walkers, shower chairs, bedside commodes, hospital beds, or other recommended equipment will be available when needed.

☐ **Consider meals and household needs**

Who will handle groceries, meals, laundry, cleaning, and other everyday tasks during recovery?

Think Beyond Medical Care

☐ **Determine who will actually be available to help**

Family members may intend to help, but be realistic about work schedules, distance, and other responsibilities.

☐ **Understand the difference between home health and home care**

Home health generally provides intermittent skilled medical or therapy services. It does not usually provide continuous supervision or help throughout the day.

☐ **Plan for personal care needs**

Will your parent need help bathing, dressing, toileting, preparing meals, getting around the house, or remembering medications?

☐ **Have a backup plan**

If your parent's needs are greater than expected or family support becomes difficult to maintain, know who you will call and what other options are available.

Questions to Ask Before You Leave

- Who should we call if something changes after discharge?
- When will home health or therapy actually start?
- What should we do if Mom or Dad cannot manage safely at home?
- Are there warning signs that should prompt a call to the doctor or a return to the hospital?

Most Important Question:

Before your parent goes home, ask:

“If no one were available to help tomorrow, could Mom or Dad safely manage at home?”

If the answer is no or you simply aren't sure that doesn't automatically mean senior living is necessary. It may mean the family needs to take a closer look at the amount and type of support that will actually be needed.

TrueGuide Senior Advisors

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Helping Central Ohio families understand care options, plan next steps, and navigate senior living decisions.

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