



Hospital-to-Home Transition Guide

A compassionate guide to help seniors and families navigate a safe, organized, and successful transition from hospital care back home.

Leaving the hospital can feel overwhelming for both patients and families. This guide was created to help make the transition smoother, safer, and less stressful by outlining important steps, questions, resources, and reminders for returning home after a hospitalization.

Before Discharge From the Hospital

- Request a written discharge plan and review it carefully before leaving.
- Understand all diagnoses, medications, follow-up appointments, and warning signs.
- Ask for copies of prescriptions, test results, and discharge instructions.
- Clarify dietary restrictions, mobility limitations, or activity precautions.
- Confirm who to contact if symptoms worsen after discharge.

Medication Management

- Review all medications with the nurse or physician before discharge.
- Create an updated medication list including dosages and schedules.
- Remove discontinued medications from the home to avoid confusion.

- Use a pill organizer or medication reminder system when appropriate.
- Watch for side effects, dizziness, confusion, or interactions.

Preparing the Home Environment

- Remove trip hazards such as loose rugs, cords, or clutter.
- Ensure walkways and bathrooms are well lit.
- Install grab bars or shower chairs if needed.
- Arrange frequently used items within easy reach.
- Prepare meals or grocery essentials in advance.

Follow-Up Care & Appointments

- Schedule all follow-up appointments as soon as possible.
- Keep a folder with medical paperwork, insurance information, and physician contacts.
- Track symptoms, changes in condition, or questions to discuss with providers.
- Confirm transportation arrangements for medical visits.
- Discuss home health, therapy, or nursing services if recommended.

When to Seek Immediate Medical Attention

- Difficulty breathing or chest pain
 - Sudden confusion or significant mental status changes
 - High fever or signs of infection
 - Falls or inability to safely walk
 - Severe pain, bleeding, or worsening symptoms
-

Helpful Questions Families Should Ask

- What level of assistance will be needed at home?
- Is the patient safe to remain home alone?
- Are there any dietary restrictions or fluid limitations?
- What symptoms should we monitor closely?
- Would home care or senior placement support be beneficial?

Parker Legacy Care, LLC
Senior Placement + Home Care Consultant
Phone/Text: (941) 275-9755
Email: parkerlegacycare@gmail.com
Website: www.parkerlegacycare.com
Compassion. Dignity. Legacy.