



Preparing for Your First Home Health Visit

A practical checklist for patients and families

Before the clinician arrives

- ☐ Place all prescription medicines, over-the-counter medicines, vitamins, and supplements together. Keep them in their original containers when possible.
- ☐ Have your hospital discharge instructions, current medication list, insurance cards, identification, and provider contact information available.
- ☐ Write down your main concerns, recent symptoms, falls, pain, and questions.
- ☐ Make sure pets are secured and the entrance and walking path are well lit and clear.
- ☐ Invite the family member or caregiver who will help with the care plan, if you wish.

What to expect

- ☐ The clinician will confirm your identity, review orders, and ask about your health, daily activities, home safety, and goals.
- ☐ The visit may include vital signs, medication review, mobility and fall-risk screening, skin or wound assessment, and other ordered evaluations.
- ☐ You and your caregiver may be asked to demonstrate how you manage medicines, equipment, exercises, or other care tasks.
- ☐ Your team will explain the plan of care, visit schedule, who to call, and what changes should be reported.

Helpful questions to ask

- ☐ Who should I call during office hours, after hours, and in an emergency?
- ☐ What symptoms or changes should I report right away?
- ☐ What are my care goals, and how will progress be measured?
- ☐ Which activities are safe, and what should I avoid?
- ☐ When is my next visit, and which discipline is coming?

Sources: [Medicare & Home Health Care](#)

Educational use: Follow your individualized care plan and instructions from your physician, nurse, therapist, or pharmacist. Call 911 for a medical emergency.