



Recovery After Hospitalization

A homecoming checklist for patients and caregivers

Before or soon after arriving home

- ☐ Read the discharge instructions with the person who will help you.
- ☐ Confirm follow-up appointments, transportation, and the phone number to call with questions.
- ☐ Make sure ordered medicines, equipment, oxygen, wound supplies, and mobility devices are available.
- ☐ Know your permitted activity level, diet instructions, and any restrictions for bathing, driving, stairs, or lifting.

During recovery

- ☐ Follow the written medication and treatment plan. Do not rely on memory alone.
- ☐ Track symptoms, weight, blood pressure, blood sugar, wound changes, or other measures only as instructed.
- ☐ Balance activity with rest. Follow your therapist's or physician's recommendations for walking and exercise.
- ☐ Eat and drink according to your discharge plan and any fluid, salt, texture, or swallowing restrictions.
- ☐ Keep pathways clear and use prescribed assistive devices.

Know when to call

- ☐ Use your discharge instructions for condition-specific warning signs.
- ☐ Call the home health team for a new or worsening symptom, fall, medication concern, wound change, or difficulty following the plan.
- ☐ Call 911 for severe chest pain, serious breathing difficulty, signs of stroke, uncontrolled bleeding, loss of consciousness, or another emergency.

Sources: [AHRO - Taking Care of Myself After Leaving the Hospital](#) | [Medicare Discharge Planning Checklist](#)

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