



Don't Rely on Luck: Steps for a Safe Discharge

Whether you had a fall, an unexpected emergency, or even a planned procedure, getting out of the hospital, or skilled nursing facility, and back home is likely to be your main priority. When working with your care team and support team to plan your discharge, don't rely on lucky circumstances. Instead, become an active part of your discharge planning care with a few of our safe discharge tips.



Don't rush it.

Wait until your attending physician gives the blessing for you to head home. While you want to get back to your own home and your own bed, rushing your discharge is not the safest decision. Hasty discharges can lead to falls, illnesses, or even a trip to the emergency room.

Be honest.

Your doctor and care team will rely on your honest communication when they are planning discharge. If you are feeling strange or not as strong as you think you should be, tell your doctor so he can take your feelings into consideration.

Don't wait.

While you might not feel up to preparing for a discharge that might be a few days or weeks away, it is wise to get your family or trusted friends thinking about what will happen once you return home. Have your daughter set up a meal drop-off schedule with your local church, or have your son take a look at any furniture rearrangements that you might need once you return home. The less you, and your family, are rushed at the point of actual discharge, the more confident everyone can feel.

Don't skimp.

Listen to recommendations from your discharge team, and don't skimp on any recommended devices or help. Even if you are extra healthy, a stay in the hospital might leave you weaker than expected. Better to set up the extra equipment and services before you head home than to realize you need them a few days once you've tried it at home on your own.



Listen.

Don't be intimidated to ask questions and become an active part of your discharge team. Listen to your doctors, nurses and discharge planners, as well as to your family and friends. Discharge can be overwhelming; write down any questions you think of or topics you want to be sure to cover with your team.

Find experienced and caring help.

Once you are home, you will likely need extra help. This is where we come in. [Our caregivers](#) are second to none when it comes to experience and passion for service. [Visiting Angels Wayzata](#) employs caregivers who are experienced, kind, and caring; we are ready to help with all non-medical needs that you have upon returning home.

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