GRACE HOME SUPPORT SERVICES

GUIDE TWO

The first 48 hours home from hospital

A calm checklist for the days that matter most.

A free guide from Grace Home Support Services

Grace Home Support Services

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Office visits by appointment only

This guide is general information, not legal, financial or medical advice.

Coming home is meant to be the good part. Often it is also the part nobody prepared you for. This is a checklist for the first two days, plus the week that follows. Work through it in order if you can. Skip to the part you need if you cannot.

Print it, or keep it open on your phone in the hospital corridor. Tick boxes are there for a reason: at the end of a long day, a tick is more reliable than your memory.

1 Before you leave the hospital

Do these while you still have a discharge planner to ask. It is much harder afterwards.

- ☐ **Ask the discharge planner or transition coordinator** to submit a home care referral before you go.
- ☐ **Ask for the discharge instructions** in writing.
- ☐ **Ask who to call** if something goes wrong in the first week. Write the number on paper, not just in your phone.
- ☐ **Make sure you know the follow-up appointment dates.**

2 The first day

- ☐ **Check whether the home care referral was actually sent.** If it was not, follow it up. This is the single most common gap, and it is fixable with one phone call.
- ☐ **Take every medication in its original packaging to a pharmacy,** and reconcile them against the discharge instructions.
- ☐ **Clear the path from bed to bathroom,** and put a light on it.
- ☐ **Put one information sheet on the fridge.** See the next page for what goes on it.

> ONE JOB AT A TIME
>
> On the first day, the goal is not to have everything sorted. It is to have the medications right, the path to the bathroom safe, and one piece of paper that anyone could read in an emergency. Everything else can wait until tomorrow.

3 What goes on the fridge sheet

One page. Large print. Magnet. Anyone who walks in, family, neighbour, caregiver, paramedic, can read it in ten seconds.

MEDICATION SCHEDULE
what, how much, and when.

FOLLOW-UP APPOINTMENTS
date, time, and where.

WARNING SIGNS
the ones the hospital told you to watch for.

CONTACT NUMBERS
including 811 for 24/7 health advice, and 911 for an emergency.

If you are worried about anything on that sheet, call 811 or the care team. You are not bothering anyone. That is what the numbers are for.

4 The first week

- **Meals and hydration.** Keep them simple, and keep them in sight. A jug of water on the counter gets used; one in the fridge does not.
- **Watch for confusion,** or a change in how they usually are. If you are worried, call 811 or the care team.
- **Keep visits short and the house quiet.** Recovery is tiring, and a full living room is not rest.
- **Note what they can no longer do safely,** and write it down rather than relying on memory. Patterns only show up when they are written.

5 The things families tell us they were not warned about

None of these are anyone's fault. All of them are easier to handle when you see them coming.

- **The gap.** There is a difference between medically ready to leave and actually able to manage at home. Hospitals measure the first. The second is what you live with.
- **The paperwork.** There is more of it than anyone mentions, and it arrives when you are least able to deal with it.
- **One person ends up doing everything.** Usually without anyone deciding that. It simply happens, because one person is closest, or most organised, or least able to say no.
- **How fast the first week fills up.** Appointments, pharmacy runs, phone calls, and a hundred small errands. The calendar that looked empty is not.

6 When to ask for more help

This is not a medical list. It is an honest one. If you are doing any of these, it is reasonable to ask for help.

- **You are the only person doing the nights,** and you are not sleeping.
- **You are checking in several times a day** because you are not sure they are safe.

- **You are managing the medications for them** and you are not certain you have it right.
- **You have cancelled your own appointments** twice or more.
- **You are doing the personal care,** and you are not sure how long you can keep doing it.
- **Meals are being skipped,** or the same plate is coming back untouched.
- **You cannot remember** the last time you had a full day off.

Asking early is easier than asking in a crisis. If you would like to talk through what the first week actually needs, call us on 587-710-0799. There is no obligation, and no charge for the conversation.

YOUR NOTES FOR THE FIRST WEEK

What was said, who you spoke to, and what you are still waiting on. Write it here rather than holding it in your head.

This guide is general information, not medical advice. Follow your healthcare team's instructions. Call 811 for health advice at any hour, or 911 in an emergency.

A COMPLIMENTARY FAMILY CARE CONSULTATION

If you’d like to talk it through

You do not have to work all of this out alone, and you do not have to arrive with the right questions.

We offer a complimentary family care consultation. It is a conversation, not a sales call. We will listen to what is happening at home, explain the options in plain language, and tell you honestly what we can and cannot help with.

If now is not the right time, keep this guide. It will still be here when it is.

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