



The Heart Center Parent Hour PREPARING TO GO HOME - CHECKLIST

A GUIDE FOR PARENTS AND CAREGIVERS

The following are some tips to help you get ready for discharge, the day your child will be going home from the hospital. Some of these items can be taken care of before your child goes home, & some happen on discharge day. Please look these over & let your nurse know if you have any questions. We are here to help make sure your transition to home goes as smoothly as possible!

ITEMS I CAN DO AND LEARN AHEAD OF TIME:

- MY NURSE HAS REVIEWED THE DISCHARGE PLAN/TEACHING WITH ME
- I HAVE LEARNED HOW TO DO THE FOLLOWING TO CARE FOR MY CHILD AT HOME:
1) _____ 2) _____ 3) _____
- I HAVE ASKED FOR AN INTERPRETER FOR DISCHARGE TEACHING
- I HAVE ASKED A FAMILY MEMBER OR FRIEND TO BE WITH ME DURING DISCHARGE TEACHING IF THAT WILL HELP ME
- I KNOW WHAT MEDICATIONS MY CHILD IS GOING HOME ON, WHEN TO GIVE THE MEDICATIONS, & HOW MUCH TO GIVE
- I HAVE RECEIVED ALL PRINTED MATERIALS & INSTRUCTIONS I NEED
- I HAVE CLOTHES TO BRING MY CHILD HOME IN
- MY HOME CARE COMPANY (TO DELIVER MEDICAL SUPPLIES/EQUIPMENT) IS _____ PHONE NUMBER: _____
- I KNOW WHAT SYMPTOMS TO WATCH FOR IN MY CHILD AT HOME, & WHEN TO CALL OR BRING HIM/HER IN TO SEE THE DOCTOR

ITEMS TO DO THE DAY BEFORE DISCHARGE:

- I HAVE RECEIVED A NOTE TO RETURN TO SCHOOL AND/OR WORK
- I HAVE ASKED ANY UNANSWERED QUESTIONS & UNDERSTAND MY CHILD'S HOME CARE INSTRUCTIONS
- I HAVE WORKED WITH MY SOCIAL WORKER TO MAKE SURE ALL MY CHILD'S SERVICES ARE SET UP
- I HAVE PICKED UP MY MEDICATIONS FOR HOME. PLEASE NOTE THAT THE HOSPITAL'S OUTPATIENT PHARMACY HOURS ARE: **MONDAY- FRIDAY, 9:00 AM - 6:00 PM**
- I HAVE MADE PLANS FOR A RIDE HOME FROM THE HOSPITAL. PLEASE NOTE THAT OUR VALET PARKING HOURS ARE **MONDAY-FRIDAY, 8:00 AM- 6:00 PM** AFTER THESE HOURS, YOU CAN GET YOUR CAR KEYS FROM THE INFORMATION DESK AT THE HOSPITAL ENTRANCE.



