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EMPOWERING INDEPENDENCE. DELIVERING CARE.

# Hospital-to-Home Recovery Planner

## Everything You Need To Prepare For A Safe Recovery At Home

### *Designed for:*

- Patients
- Family Caregivers
- Hospital Discharge Planning
- Post-Surgery Recovery
- Rehabilitation & Home Care

### **Inside This Workbook**

- ✓ *Recovery Readiness Assessment*
- ✓ *Home Safety Evaluation*
- ✓ *Equipment Planning Worksheet*
- ✓ *Caregiver Action Plan*
- ✓ *Recovery Success Checklist*



# Hospital Discharge Readiness Assessment

Before leaving the hospital, review each item below. Check every statement that is true, then add your total score and review the interpretation guide. This assessment helps identify areas that may need attention before returning home.

## MEDICATIONS & MEDICAL CARE

- I understand all medications and dosages
- Prescriptions have been filled
- Follow-up appointments are scheduled
- Transportation is arranged
- I understand warning signs requiring medical attention

## HOME RECOVERY PREPARATION

- Medical equipment has been arranged
- Home caregiver has been identified
- Therapy instructions were explained
- Emergency contacts are available
- Home environment is prepared

## Scoring

Add your total checks:

Score: \_\_\_\_ / 10

### 8-10 Points

#### Recovery Ready

*You appear well prepared for discharge and home recovery. Continue following instructions from your healthcare team.*

### 5-7 Points

#### Additional Planning Recommended

*Several important areas may require further preparation before discharge. Review missing items with your care team.*

### 0-4 Points

#### Discharge Plan Review Recommended

*Significant gaps may exist in your recovery plan. Discuss concerns with your healthcare provider before discharge.*

A successful discharge plan reduces confusion, improves recovery outcomes, and lowers the risk of preventable hospital readmissions.



# Home Safety & Fall Prevention Assessment

Falls remain one of the leading causes of injury and hospital readmission among older adults and recovering patients. Use this page to identify common safety risks within the home before recovery begins.

## WALKWAYS & ACCESSIBILITY

- Hallways are clear
- No loose rugs
- No extension cords across walking paths
- Adequate lighting throughout home
- Stairs have secure handrails

## BEDROOM SAFETY

- Bed height is appropriate
- Phone is within reach
- Medications are accessible
- Path to bathroom is clear
- Night lighting available

## BATHROOM SAFETY

- Shower chair available
- Grab bars installed
- Raised toilet seat available
- Non-slip mats installed
- Assistance available if needed



## Scoring

Add your total checks:

Score: \_\_\_ / 15

### ● 11-15 Points

#### Lower Fall Risk

*Home appears generally prepared for a safer recovery.*

### ● 6-10

#### Moderate Fall Risk

*Additional improvements may help improve safety before or shortly after discharge.*

### ● 0-5 Points

#### Higher Fall Risk

*Consider making safety modifications before discharge and asking for professional guidance.*

### Quick tip

The bathroom and bedroom are two of the most common locations for falls during recovery. Prioritize lighting, clear walking paths, and safe transfer support.

# Recovery Equipment Planning Worksheet

Not every patient requires medical equipment.

However, selecting the right tools can significantly improve safety, comfort, independence, and caregiver support.

Review each category and check items that may apply.

## MOBILITY

- Walker
- Rollator
- Wheelchair
- Transport Chair
- Mobility Scooter

## BEDROOM & COMFORT

- Hospital Bed
- Pressure Relief Mattress
- Bed Rail
- Overbed Table
- Trapeze Bar

## TRANSFERS & LIFTING

- Patient Lift
- Sling
- Transfer Chair
- Transfer Board
- Gait Belt

## BATHROOM SAFETY

- Shower Chair
- Raised Toilet Seat
- Commode
- Bath Lift
- Grab Bars

### Important note

This worksheet is not intended to diagnose needs. It helps families organize conversations with healthcare professionals regarding equipment recommendations.

### Care Team Notes

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# First Week Home Recovery Plan

Use this page during the first week after returning home. Review each item daily, check completed tasks, and write down questions for the care team.

## FIRST 48 HOURS

- Medications organized
- Equipment functioning properly
- Meals arranged
- Hydration available
- Follow-up appointments confirmed
- Home safety reviewed

## FIRST WEEK

- Therapy appointments started
- Skin checks completed
- Mobility reassessed
- Pain levels monitored
- Caregiver support available
- Recovery concerns documented

## IMPORTANT CONTACTS

Doctor: \_\_\_\_\_  
Specialist: \_\_\_\_\_  
Pharmacy: \_\_\_\_\_  
Home Health Agency: \_\_\_\_\_  
Emergency Contact: \_\_\_\_\_  
\_\_\_\_\_

## FINAL SUCCESS CHECK

- By the end of the first week:**
- Recovery is progressing as expected
  - No falls occurred
  - Medications are being taken correctly
  - Follow-up appointments completed
  - Home environment remains safe

**Need help selecting safer home equipment?**  
*MedCare Mobility can help families compare options for hospital beds, medical mattresses, patient lifts, slings, walkers, rollators, wheelchairs, and bathroom safety equipment.*

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