

PREPARING FOR YOUR RECOVERY JOURNEY AT HOME

You are finally going home from the hospital. Use the **checklist** below to help ensure that you stay on track in achieving **your recovery goals**.

BEFORE LEAVING THE HOSPITAL



I have received my discharge instructions or care plan.



I have reviewed and understand my discharge instructions.

Make sure that you completely understand your discharge instructions before you go home. If you have any questions about your discharge instructions, **ask your healthcare team before leaving the hospital**.



Medicines

I know/understand:

- what medicines to take or stop taking
- how much to take (dose)
- when to take (time of day; with or without food)
- the possible side effects of the medicines.



Diet / Nutrition Plan

I know/understand:

- what my nutritional goals are (i.e., energy, protein, and fluid intake per day)
- what food I should eat to achieve my nutritional goals
- that I am prescribed with oral nutrition supplement to help me achieve my nutritional goals
- how to take the oral nutrition supplement.



Exercise Plan

I know/understand:

- when I can start slowly with my daily activities
- what activities I should avoid for now
- what exercises I should do at home.



Follow-up appointments

I know/understand:

- all my scheduled follow-up appointments (e.g., primary-care doctor; dietitian; physiotherapy / occupational therapy / speech therapy if needed)
- the dates, times and locations of my follow-up appointment.



I have been told about the warning signs or symptoms that may signal a problem.



I know who to contact if I have questions after I return home.

AT HOME



It is **important to follow your hospital discharge instructions** and **attend your follow-up appointments** even if you are feeling well.

Speak to a healthcare professional (primary care physician or specialist) if you have questions about:

- Your medicines, diet/nutrition plan or exercise plan
- New or worsening symptoms
- Any changes in appetite, sleep, pain, breathing or mobility.

Poor nutrition and eating problems may put you at risk of being malnourished. Malnutrition affects your health and delays your recovery from injuries or illnesses.

Malnutrition may not be immediately recognizable, so **it is important for you to know what to look out for**. Here is a **simple checklist*** to help you stay alert about your nutritional status to support your health and recovery.

ARE YOU
OR YOUR
LOVED ONES
EXPERIENCING
ANY OF THESE?



Unexpected
weight loss



Loss of
appetite



Not able to eat or
only able to eat
small amounts



Feeling weak
or tired



Swelling or fluid
accumulation

TALK TO YOUR HEALTHCARE PROVIDER