Birchmere.

Care that feels like family.

Coming home from hospital

A checklist for the days before and after discharge, so the move home goes smoothly.



BEFORE DISCHARGE

Questions to ask the ward.

Ask these a day or two before discharge if you can. It's easier to sort things out while everyone is still on the ward.

- [ ] When is discharge planned, and at what time of day?
- [ ] Which medicines are new, changed or stopped? Can we have a written list?
- [ ] Are there follow-up appointments, and who books them?
- [ ] Are there limits on walking, lifting, showering or driving?
- [ ] Is any equipment needed at home, such as a walking frame or shower chair?
- [ ] Who do we call if there's a problem in the first few days?
- [ ] Will a discharge summary be sent to the GP?

Ask about short-term support.

Hospitals can sometimes arrange short-term care or therapy after a stay. Ask the discharge planner or social worker what might be available.

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THE FIRST DAY HOME

Getting the house ready.

A little preparation means they walk into a home that's warm, stocked and safe.

- [ ] A lift home arranged, and someone there when they arrive.
- [ ] Heating or cooling switched on before they get in.
- [ ] Fridge stocked with easy meals for the first few days.
- [ ] Bed made, and a clear path to the bathroom.
- [ ] Medicines collected and set out with the new list.
- [ ] Phone charged and within reach of the bed and favourite chair.
- [ ] A night-light for the first few nights.
- [ ] Someone to check in by phone or in person that evening.

Useful numbers.

GP _____

Pharmacy _____

Hospital ward _____

Birchmere 02 5115 1162

THE FIRST TWO WEEKS

Settling back in.

The first fortnight is when people most often need a hand, and when small problems are easiest to catch.

Meals

Simple, nourishing food, ready to heat. Appetite can take a while to come back.

Medicines

Follow the new list. A pharmacist can pack tablets by day and time if that helps.

Moving

Follow the advice they were given, and don't rush. Tiredness is normal.

Appointments

Line up transport for follow-ups and tests before the dates arrive.

Company

The first weeks home can feel lonely. A visitor makes the days go faster.

The family

Share the jobs, and agree who's checking in on which days.

When to call for help.

If something doesn't seem right, such as new confusion, a fever, a fall, or pain that's getting worse, call the GP or the number the hospital gave you. In an emergency, call 000.

HOW WE CAN HELP

Help for the trip home and after.

Private care doesn't need an assessment or referral. Tell us the discharge date as early as you can, and we'll do our best to have the right companion ready.

- A lift home, and help settling in.
- Groceries stocked and meals made.
- Company through the day, and sleepovers for the first nights.
- Transport to follow-up appointments.
- Light housekeeping while they get their strength back.



Our services are growing. Call us or visit birchmere.com.au to see what's new.

WHAT IT COSTS

From $120.00

per hour (Including GST)

Visits start at two hours. Evenings, weekends and public holidays cost more, in line with award rates. You'll always see the full price before you book.

Birchmere.

Planning a trip home? Call us early.

Have a chat with a care coordinator. Real human, no scripts, no obligation.

CALL 02 5115 1162

EMAIL hello@birchmere.com.au

ONLINE birchmere.com.au

Scan to visit our website

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