

Your Discharge Planning Checklist:

For patients **with aphasia** and their
caregivers preparing to leave Medstar
National Rehabilitation Hospital.

YOUR CHECKLIST TO DISCHARGE

During your stay, your care team will work with you to plan for your discharge. You and your caregiver (a family member or friend who may be helping you) are important members of the planning team. You and your caregiver can use this checklist to prepare for your discharge from Medstar National Rehabilitation Hospital.

Instructions:

- Use this checklist early and often during your stay.
- Talk to your team (your doctor, case manager, therapist, or nurse) about the items on this checklist.
- Check the box next to each item when you and your caregiver complete it.
- Use the notes column to write down important information (like names and phone numbers).
- Skip any items that don't apply to you

UPON ADMISSION (or within the first few days of arriving at the hospital)

____ Complete initial evaluations with your care team, develop goals and create a care plan.

____ Identify your caregivers.

Discharge planning, which includes a caregiver, starts at admission. We need to involve your support system in your care.

____ Meet with your case manager to begin discussing your discharge plan. Make sure the address and contact information we have on file for you is correct. If you will be going somewhere other than to your home address at discharge, it's important that we have that information.

Your Case Manager:

Tel: _____

NOTES FOR YOUR TEAM

Your Ongoing Stay

____ Within the first week, your care team will determine your length of stay and estimated discharge date. This date can change pending your progress, discharge disposition, caregiver support, and insurance authorization.

Estimated Discharge Date:

Discharge Location:

DURING YOUR STAY

Confirm your discharge location. Talk with the case manager about your team's discharge recommendations

and your discharge options. Should your anticipated discharge location no longer be available, your case manager will discuss discharge options with you. Please note: your case manager cannot assist with obtaining housing in the community, but information can be provided upon request.

___ Caregiver education and training. If needed based on your functional status and safety needs, caregivers will be trained by each of your therapists on how to assist you when you are at home.

___ Medication education and training. Your doctor and nursing staff will explain why you are taking your medicines and what they're for. You will learn when you are to take them and how you're supposed to take them, including injections.

NOTES FOR YOUR TEAM

___ Nutrition education and training. A dietitian will review your nutritional needs and how you can meet them. Any special food, supplements, feeding tubes, or pumps will be explained. If required, the caregiver will be trained to use special equipment. You or your caregiver must learn how to manage your feeding needs independently.

___ Behavior management education and training. Caregivers will be given an opportunity to understand new behaviors and how to respond to them. If needed, psychology will provide education, resources, and recommendations for follow-up

___ Skincare/dressing change education and training. Nursing staff, including wound nurses, will explain your skin management regimen-such as turning, positioning, and pressure relief – as well as dressing changes and wound care. the supplies you are using, and how to manage your skin care needs independently will be reviewed.

AS YOU NEAR DISCHARGE

___ Verify if your home or vehicle will need any modifications. Talk with your care team for details and referrals.

___ Complete caregiver training. Be sure that you and your caregivers have been trained by your therapists on how to transfer you in and out of a shower/tub, commode and vehicle

safely, including any equipment you'll use for transfers.

___ Determine if you will need a handicapped parking tag for your care or alternative transportation in the community, such as MetroAccess. Talk with your case manager for assistance with the necessary paperwork.

___ Review your Durable Medical Equipment (DME) needs. Your care team will let you know what type of equipment you'll need after discharge and if it is covered by your insurance. If it is not covered by your insurance, talk with your therapists about where you can purchase the DME.

___ Review your home exercise programs with your therapists and ask questions to make sure you understand. Let us know what you need to be successful.

___ Identify preferred providers for services after discharge for home health, outpatient services, etc. with your case manager who will coordinate these referrals.

___ Let your doctor know whether you want bedside delivery of your prescriptions from MedStar WHC Pharmacy or if you want your prescription(s) sent to your own pharmacy.

___ Check with your physician to decide on any supplies that will be needed after discharge. Be sure to know what supplies are needed, how you will obtain them and how to use them appropriately. Your physician will need to order the necessary

supplies if covered by your insurance. Your physician will either provide you with the order directly or your case manager will assist with the referral process of sending the order to an in-network vendor.

___ Schedule any needed follow-up appointments with your Primary Care Physician and any other doctors that are recommended. Your physician will inform you of any recommended medical follow up appointments. You or your caregiver will need to contact the provider's office to schedule these appointments, if not already scheduled.

___ Arrange for your discharge transportation. MNRH is not responsible for providing discharge transportation. If requested, your case manager can set up transportation; however, you will be billed for discharge transportation. Parking will be validated on the day of discharge.

___ Complete the MedStar NRH Class Act card to recognize any Team Member for their outstanding behavior and service. Ask any Team Member for a card.

THE DAY OF DISCHARGE

___ Pack up the belongings in your room. MedStar NRH nursing staff can assist you and help take them to the lobby at discharge.

___ Review your discharge paperwork with your care team.

___ If you are discharging home, be sure that you received your medication from WHC Bedside

Delivery or verify with your physician where you will pick up your prescriptions if you had them filled at your personal pharmacy.

AFTER DISCHARGE

___ Complete a MedStar NRH Patient Experience survey. You will receive a survey in the mail for your feedback a few weeks after your discharge. Your feedback is very important to our staff.

NOTES FOR MY TEAM (full page or lines next to each check off item)

RESOURCES (add as appropriate)

National Aphasia Association: www.aphasia.org

American Speech Language Hearing Association: www.asha.org

Communication Access (ASHA): <https://www.asha.org/practice/communication-access/>

***Go home with a simple communication board, check out Say it with Symbols, on Amazon. This will help until SLP can set up technologies.**

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