



Leaving the Hospital

Your Aphasia Discharge Checklist

For people with aphasia, care partners, and healthcare teams.

This is YOUR checklist.

You can use it to ask questions and plan your next steps. Start early. Bring it to meetings with your care team. You can skip anything that does not apply to you.

How to use it

- ☐ Point to a question or read it aloud.
- ☐ Ask your team to use short sentences, write key words, and give you time.
- ☐ Mark each item when you have talked about it and understand the plan.
- ☐ Write names, dates, and answers in the spaces provided.

People helping me

My name:

My care partner / support person:

My nurse, therapist, or case manager:

You are part of the discharge planning team. Your preferences and questions matter.

1 | When I arrive

Start planning for leaving the hospital as soon as you can.

- ☐ I know who is on my care team and how to contact them.
- ☐ My team asked about my goals and what matters to me.
- ☐ I know who will help me plan for leaving the hospital.
- ☐ I told the team how I communicate best (talking, writing, pictures, gestures, or a device).
- ☐ I chose who I want included in conversations about my care.

My main contact / phone number:

2 | During my stay

- ☐ I know where I may go next: home, rehabilitation, or another place.
- ☐ I know the expected date I may leave. This date may change.
- ☐ I understand my therapy goals and what support I may need.
- ☐ My care partner and I know what training or practice we need before I leave.

Expected discharge date and destination:

3 | Before I leave

Ask your team to SHOW you what to do. Practice together when possible.

- ☐ I know what medicines I will take, why I take them, and when to take them.
- ☐ I know where to get my medicines and whom to call with questions.
- ☐ I understand my follow-up appointments and therapy plan.
- ☐ I know what equipment, supplies, or changes at home I may need.
- ☐ I have practiced important care tasks with my team or care partner, if needed.
- ☐ I know how I will get home or to my next place of care.
- ☐ I have a way to communicate my needs after I leave (for example, a communication card, pictures, writing, or a device).

Ask about these if they apply to you

- ☐ Eating and swallowing safely; food or tube-feeding instructions.
- ☐ Movement, transfers, bathing, and using equipment safely.
- ☐ Skin care, wound care, mood, or behavior changes.

Questions I still have:

4 | My health and next steps

Ask your healthcare team to explain these things in a way that works for you.

- ☐ I understand what caused my stroke or other condition, if known.
- ☐ I asked what I can do to lower my risk of another stroke, if this applies to me.
- ☐ I know which symptoms mean I need urgent help and what to do in an emergency.
- ☐ I know whom to call if I have questions after leaving.
- ☐ I received my discharge instructions in a format I can use.

My follow-up plan

Appointment / date / place:

Medicines or care instructions I want to remember:

Who to call / phone number:

If you think you are having a stroke, call 911 in the United States. Do not wait for a routine appointment.

5 | Before I go: check together

Patient, care partner, and healthcare team: review these questions together.

- ☐ Where am I going?
- ☐ Who is helping me?
- ☐ What are my medicines and appointments?
- ☐ What do I do if I need help?
- ☐ Do I have a way to communicate?
- ☐ Did I have time to ask my questions?

My top 3 questions

1.

2.

3.

More support

National Aphasia Association | aphasia.org

Questions or feedback about this checklist? answers@aphasia.org

This tool helps people plan and communicate. It does not replace medical advice or instructions from your healthcare team.