



# MY BOOK ABOUT ME

## Patient and Family Discharge/Transition Checklist

For patients and their caregivers preparing to leave the hospital

Dear Patient,

You and your family members play a crucial role in our discharge planning team. Throughout your stay, our team of case managers and social workers will work with you to plan and prepare so that you are comfortable in managing your own health when you leave. Use this checklist as a guide for yourself and your family members. It will help us learn about your preferences after you leave the hospital and ensure a smooth care transition, whether you'll be going to your home or to another health care setting. Check off or fill in each item as you discuss it with your case management team. Please skip any questions that do not apply to you.

Patient Name: \_\_\_\_\_

Reason for Admission: \_\_\_\_\_

Case Manager / Social Worker: \_\_\_\_\_ (989) 894-3180

## NEXT STEPS

Be sure to express your personal preferences to the Case Management Team when discussing 'next steps'.

Where will I be going after discharge? (Discuss any options that are available to you.)

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- I have made arrangements for my job.
- I have made arrangements to secure a caregiver(s).
- I have learned what services I can get from my health insurance or Medicare.
- I have made arrangements with family/friend for transportation home.

Who will be assisting me after I leave the hospital? (Write down the name and contact information for your caregiver(s)).

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## MANAGING YOUR HEALTH AFTER DISCHARGE/FOLLOW-UP CARE

Note: Many of these questions will be covered in your written discharge instructions.

Will I need medical equipment when I leave the hospital? Who will arrange for this?

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I understand how to use the medical equipment I'll need after leaving the hospital. (Ask for demonstrations or instructions if needed.) Be sure to express your personal preferences when discussing the following follow-up care issues.

Will I need to go to another inpatient health care setting? Why? How long will I be there?

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Will I need outpatient therapy? What kind? How will it be scheduled? Where will it take place?

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When should I return for a follow-up appointment? Who will this appointment be with?

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Will any follow-up testing be required? What kind? Where? When?

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## MANAGING YOUR HEALTH CARE (CONTINUED)

If I have an urgent issue after I leave the hospital, who should I call?

Physician Name Phone Number

**IF YOUR HEALTH CONDITION CHANGES AND YOU ARE FEELING WORSE, PLEASE CALL YOUR DOCTOR. IF YOU NEED IMMEDIATE ATTENTION, GO TO THE EMERGENCY ROOM OR CALL 9-1-1.**

If I have general questions about my recovery after I leave the hospital, who should I call?

Call the Discharge Call Back Nurse at (989) 894-3160.

How will I get to doctor's appointments or pick up prescriptions after I leave the hospital?

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Ask your nurse about the Discharge Rx program, a convenient bedside prescription delivery from McLaren Pharmacy Services. If you choose to use this service, McLaren Pharmacy (located on the first floor of the hospital) will fill your prescriptions and deliver them to you before you leave the hospital.

## MEDICATIONS

In your written discharge instructions, you will receive a list of medications your physician wants you to continue after your hospitalization. Your discharging nurse will review this list with you and you are encouraged to ask them any questions. It is important to understand why you are taking each medication and the potential side effects.

## QUESTIONS FOR YOUR CASE MANAGER OR SOCIAL WORKER

Ask to speak with your case manager or social worker if you and your family are struggling to cope with your illness, injury, etc. Gather information about available support groups and other coping resources.

## STAFF DEMONSTRATING McLAREN EXCELLENCE

Did you know that you can fill out a "Caught in the Act" to recognize any staff member providing excellent care? Please ask a staff member for details on how to obtain a form. If you would rather verbally discuss your excellent care with someone, please contact our Director of Patient Experience at (989) 894-3937.

NAME	REASON FOR RECOGNITION

