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YOUR RELEASE FROM HOSPITAL PLAN · NOVEMBER 8, 2026

Sample: Release from Hospital Plan for Margaret

Questions to ask, help to arrange, and the first two weeks at home, step by step.

FOR YOUR SITUATION

Margaret has been in hospital recently. The first two weeks at home matter most, and it's not too late to use the checklists below.

Margaret lives alone, so arranging help and check-ins before coming home matters even more.

Margaret's home has stairs: ask the hospital team whether stairs will be safe at first.

This plan is practical guidance, not medical advice. Always follow the hospital team's instructions. For health advice any time, call Health811 (dial 811). In an emergency, call 911.

Questions to ask before leaving hospital

Ask these before Margaret is discharged. It's fine to ask the team to write the answers down.

- [ ] What was the main problem, in plain language, and what was done?
- [ ] Which medications are new, changed or stopped? Why?
- [ ] What follow-up appointments or tests are needed, and who books them?
- [ ] What warning signs should we watch for, and who do we call (day and night)?
- [ ] Is any equipment needed at home, like a walker, raised toilet seat or shower chair?
- [ ] Are there limits on walking, stairs, driving, lifting or bathing, and for how long?
- [ ] Will Margaret get home care? Has a referral been made to Ontario Health atHome (call 310-2222, no area code needed)?
- [ ] Who do we call with questions after we're home?

The day of discharge

- [ ] Arrange a ride home, and someone to stay for the first few hours.
- [ ] Get the discharge summary, prescriptions and appointment details before leaving.
- [ ] Fill new prescriptions on the way home, or arrange pharmacy delivery.
- [ ] Make sure there's food in the house, and the heating or cooling is on.

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The first two weeks at home

- [ ] Go through all the medications with the pharmacist, comparing the discharge list with what's at home.
- [ ] Check in on Margaret every day, by a visit or call, and agree what happens if Margaret doesn't answer.
- [ ] Book follow-up appointments, and keep them, with a list of questions.
- [ ] Keep walkways clear, and a night light on the route to the bathroom: falls are more likely after a hospital stay.
- [ ] Help with meals, laundry and shopping while strength comes back.
- [ ] Watch for the warning signs the team gave you. If Margaret gets worse, call the number you were given, Health811 (dial 811), or 911 in an emergency.
- [ ] If Margaret isn't managing, call Ontario Health atHome (call 310-2222, no area code needed) to ask about more help at home.

To set up help at home with confidence, see the Hiring Help at Home kit, or the Personalized Family Plan for the whole picture. senestro.ca/pricing

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Discharge notes

Fill in at the hospital, and keep with the medication list.

Hospital and unit

Discharge date

Main problem, in plain language

Medications new, changed or stopped

Follow-up appointments (who, when)

Warning signs to watch for

Who to call with questions

Home care contact

Limits on activity, and for how long