

# My Next Steps

## Getting ready to leave the hospital

As you get ready to leave the hospital, you may feel unsure about what to expect and what you will need to do at home.

You can use these questions and resources to prepare for your discharge conversations with your healthcare team. Remember it is okay to ask a question more than once to make sure you understand the information you receive.

You will receive your After Visit Summary with details of your hospital stay and medications closer to your discharge time to help you feel ready and confident to go home.

Below are some questions you can ask your healthcare provider as you prepare to be discharged.

### Creating your discharge plan

What transportation needs do I need to consider?

What do we need to know about changes to usual activities? (e.g. school, eating, bathing, travel, driving)

Are there any accommodations or supports needed to return to school?

Who do we contact about concerns with meeting money, housing, food or other basic needs?

Who can I contact if I am struggling to manage my child's needs at home?

Are any supplies or equipment such as grab bars, a walker or medical supplies needed at home? Who can help me get these? Do I need a doctor's prescription?

Will we need rehabilitation services, (e.g. physical therapy) after discharge?

Do we need Pediatric Home Care services and supports? Has a referral been sent?

Should we apply for Family Supports for Children with Disabilities (FSCD)?

### Discharge Conversations

Here are things you can do when you talk to your healthcare team about leaving the hospital:

- If it is helpful, invite a support person to join your discharge conversations. They can join in person, by phone or video chat.
- Be honest with your healthcare team about what you or your child might need.
- Ask your healthcare team to answer all your questions and have them explain what you don't understand.
- Record the conversations with your phone's voice recorder or the Alberta Health Services My Care Conversations app, available at [ahs.ca/careapp](https://ahs.ca/careapp).

## Medications Questions

Who will help me understand which medications have been added, kept or stopped? Where can I find this information?

How will I get medications if we cannot go to a pharmacy right away or my pharmacy isn't open when we go home?

Will I need to fill any additional prescriptions once we are home? Can these be faxed to my pharmacy?

How do I know if our insurance plan will pay for the medication?

What medication is safe to use to manage pain and control symptoms at home?

Make sure your doctor and pharmacist know all the prescription and over-the-counter medications, as well as vitamins and supplements. They can make sure the medications work well together and are safe for your child.

If you have questions or concerns about medications after you leave the hospital, speak with your healthcare provider, talk with a pharmacist, or call Health Link at 811.

## Follow-up appointments and tests

Does our family doctor, community health team or other supports know my child was in the hospital? When should we see the family doctor or specialist?

Who should I contact if I have concerns about my child's health after leaving the hospital?

## Resources

**ACH Family & Community Resource Center** <http://fcrc.albertahealthservices.ca/>

**Heal - Health Education and Learning** <https://www.albertahealthservices.ca/heal/heal.aspx>

**My Health Alberta - easy-to-understand health information** <https://myhealth.alberta.ca/>

**My Health Records** <https://myhealth.alberta.ca/myhealthrecords>

**Poxy Access FAQ** <https://www.albertahealthservices.ca/cis/Page17840.aspx>

**Pediatric Home Care** <https://www.albertahealthservices.ca/findhealth/service.aspx?id=1055063>

**Pediatric Rehabilitation** <https://myhealth.alberta.ca/HealthTopics/Pediatric-Rehabilitation>

**Family Supports for Children with Disabilities** <https://www.alberta.ca/fscd>

**Navigate for Kids** <https://navigateforkids.com/>

### Navigating Your Health Journey

<https://www.albertahealthservices.ca/assets/info/hp/phc/if-hp-phc-phcin-nav-health-journey.pdf>

or scan the QR Code



**The Family Health Journal** can help you keep track of important health information and prepare for appointments.

<http://fcrc.albertahealthservices.ca/publications/journals/Family-Health-Journal.pdf>

