

Day of Discharge



On your day of discharge, your nurse will give you Discharge Instructions about your care at home, medications and follow up appointments. As soon as you receive this information, you are ready to leave.

When you leave the unit, remember to notify the main nursing desk that you are leaving.

Show your discharge instructions to the Community Health Nurse if one visits you at your home. Also remember to take your discharge instructions to the next visit to your family doctor.

Questions

If you have questions around supports that can assist you to stay at home please visit www.westernhealth.nl.ca. Select Health Topics/ Services, and then Home Support Services. There you can find the Community Support Directory, which includes telephone numbers.

If you wish to discuss programs and services that can improve your health while at home:

Improving Health My Way
(709) 637-5000 extension 6689 or 5677

Western Health
Hospitals/Health Care Centres

Burgeo
Calder Health Centre
(709) 886-2898

Corner Brook
Western Memorial Regional Hospital
(709) 637-5000

Norris Point
Bonne Bay Health Centre
(709) 458-2211

Port aux Basques
Dr. Charles L. LeGrow Health Centre
(709) 695-2175

Port Saunders
Rufus Guincharde Health Centre
(709) 861-3139

Stephenville
Sir Thomas Roddick Hospital
(709) 643-5111



www.westernhealth.nl.ca

Vision:
Our People, Our Communities—Healthy Together

900-B-105

Planning For Your Return Home



Home is Best...

Once you and your care team identify that your needs have been met in hospital, you will be discharged. Home is the best place to rest and recover from your period of illness.

To provide you with the best care, the plan for your return home may begin prior to your admission if you are having a scheduled procedure, or the day you are admitted. If you use any mobility equipment at home have it brought in for you in order to optimize safe mobility while in hospital.

Throughout your admission staff will ask you about what you need to be able to safely manage at home. Working with your care team on your discharge plan will help ensure you get the care you need when you return home.

How long will I have to stay in hospital?

Ask your doctor the date you can expect to return home. Your doctor and other members of your care team will discuss what you can expect as you and your care team plan for your discharge.

When should I start making plans to go home?

You should start planning your return home as soon as you know you will be admitted to the hospital.

Every effort is made to try to have patients discharged by 11 am. It is important to have a ride arranged for your discharge day. If you need help making plans to go home, notify your care team member.

It is very important to let a care team member know as early as possible if you have any concerns about going home. There are many members of your care team who can help you with any concerns you may have.

What if I need special equipment or changes made to my home?

It is important to talk to your nurse or care team member if you think you will need special equipment or changes made to your home before going home. You may be able to get special funding for equipment or changes needed.



Can I go home if I still need help looking after myself?

Yes. Patients often go home while still requiring some help. This may be provided by family members, home support workers, community health nurses, and/or private care givers. If you think you may need help when you go home please discuss with you care team member.

Can I still get therapy if I go home?

There are a variety of services that can support you at home. In some cases your family/caregiver may be able to help. If you wish to know if you can access a particular service at home, ask your hospital therapist or care team member.

Do I have to stay in hospital until all my tests are done?

Not always. Tests may be completed as an outpatient. Please talk with your nurse if you are concerned about coming back for tests.

What if I am unable to return to my own home?

Going home can be scary for some patients, especially if they have had a lengthy stay in hospital. If you have concerns about how you are going to manage at home after you are discharged from hospital, please discuss them with a care team member right away. They can help link you with the right resource to discuss options for you based on the care you need.

