



# Hospital Discharge

## Checklist

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### Discharge and going home

Plan and organize the discharge from the hospital early – if possible already when being hospitalised. This way, you can avoid unpleasant waiting times or delays.

#### Behavior after hospital discharge

Should I refrain from certain activities (e. g. driving a car, lifting, drinking alcohol)?

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Do I have to change my diet?

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Which emergency situations can occur and how should I then behave?

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Is my medication plan updated?

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#### Organisational matters

Prescription for the medication

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Appointment for follow-up exam at the hospital

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Appointment for follow-up exam at the family doctor

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Certificate for incapacity to work

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Discharge report to family doctor, copy to me

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Appointments for therapies (e. g. physiotherapy or occupational therapy)

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Means of transport to therapy and follow-up appointments

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Clarify the assumption of costs for therapies and transport

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### **Medical aids (e.g. rollator, walking sticks)**

Prescription for medical aids

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Rent or buy medical aids?

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Clarify the assumption of costs

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### **Support services for home**

Spitex organisation

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Organisation of domestic help, meal service, or similar

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Clarify the assumption of costs

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## **Transfer to a rehabilitation clinic**

As a rule, the patient enters the rehabilitation clinic from the acute care hospital without a previous stay at home. Suitable clothing for rehabilitation (e.g. non-slip shoes, tracksuit, bathing utensils)?

Which rehabilitation clinic is suitable for my illness?

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Which health improvements can I achieve?

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For what duration did my health insurance provide a cost-approval?

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Time of the transfer to the rehabilitation clinic

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Transport to the rehabilitation clinic

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