

POST-HOSPITAL HOME SETUP

Checklist

FOR CAREGIVERS

PREPARE YOUR HOME. SUPPORT THEIR RECOVERY. CARE FOR YOURSELF.



1. MEDICAL & CARE ORGANIZATION

- Review discharge instructions together
- Create a current medication list
- Set up a medication organizer
- Know medication times & dosages
- List of doctors & specialists
- Schedule follow-up appointments
- Keep a notebook or binder for medical information
- List of emergency contacts
- Know when & where to seek help
- Keep insurance cards & ID handy



2. HOME SAFETY CHECK

- Clear walkways & remove tripping hazards
- Add night lights in hallways & bathrooms
- Install grab bars in bathroom (toilet & shower)
- Use non-slip mats in tub/shower
- Ensure good lighting in all rooms
- Keep essential items within easy reach
- Consider a shower chair or raised toilet seat
- Keep floors dry & clutter-free
- Have a bell or phone within reach
- Check smoke & carbon monoxide detectors



3. COMFORT & DAILY NEEDS

- Set up a comfortable resting area
- Extra pillows, blankets, & layers
- Keep water within easy reach
- Stock easy-to-prepare snacks & meals
- Keep tissues, toiletries, & essentials nearby
- Have extra clothing & footwear accessible
- Keep TV remote, phone, charger nearby
- Provide a calendar or whiteboard for daily reminders



4. DAILY CARE SUPPORT

- Plan for assistance with bathing & grooming
- Have incontinence supplies if needed
- Organize laundry system for easy access
- Plan for help with mobility & exercises
- Prepare a meal plan or simple rotation
- Keep a log of symptoms or concerns
- Encourage rest & hydration
- Celebrate small wins each day!



5. CAREGIVER SELF-CARE (YOU MATTER TOO)

- Accept help & ask for what you need
- Take breaks—rest is not optional
- Stay hydrated & eat regularly
- Spend time in prayer or quiet reflection
- Step outside for fresh air daily
- Connect with someone who encourages you
- Remember: you can't pour from an empty cup

You are doing something sacred. ♥

God is our refuge and strength, an ever-present help in trouble.

— Psalm 46:1



You don't have to do this alone.

Take it one day, one step, one breath at a time.



NOTES:
