



Questions to Consider Before Discharge

OVERVIEW

There are many things to think about before your loved one is discharged from the hospital. This list of questions may serve as a guide of issues to consider and discuss with the healthcare team prior to discharge. The list is not intended to be all inclusive, and some questions might not apply to your situation.

MEDICAL

- Follow up Appointments:** Does my loved one need medical follow-up or outpatient therapy? Have these appointments been scheduled? Will my insurance cover the cost?
- Home Care:** Are home care services required? Will my insurance cover the cost? What agency will supply the services? Have they been contacted yet?
- Prescriptions:** Do I need prescriptions for outpatient therapy, home care services, or equipment?
- Medications:** What medication will my loved one be taking? What is the medication schedule? Will I be given an adequate supply of refills, or will I need additional prescriptions? Is this a standard drug or will the pharmacy need to specially order it? Is the drug covered under insurance? If not, is there a generic substitute?
- Diet:** Will my loved one need to follow a special diet?
- Contact Information:** Do I know how to contact the doctors who have been caring for my loved one? Who do I contact in an emergency?
- Emergency Plan:** Have I prepared a plan in the event of an emergency? For example, who will accompany the patient and who will watch the children?
- Medical Records:** Do I have all pertinent medical records in my possession?
- Supervision:** Is my loved one safe to be left alone?
- Recovery Support:** What are some things I can do to assist with personal care and rehabilitation?

EQUIPMENT / HOME MODIFICATIONS

- Equipment:** Will my loved one require special equipment? Will my insurance cover the cost? What company will supply the equipment? Has it been ordered?
- Equipment Instruction:** Will I know how to use the special equipment?
- Transfers:** How do I properly assist with transfers from the car, wheelchair, commode, and bed?
- Modifications:** Do I need to consider special modifications for my home, such as wheelchair ramps or ways to make the bedroom and bathroom more accessible?
- Clothing:** Do I have comfortable, functional clothing for my loved one to wear?

EDUCATION AND WORK

- Contact School/Employer:** Have I contacted my loved one's school or place of employment to inform them about the injury?
- School Accommodations:** What therapy or education services must the school district provide for my child? Will I need prescriptions from the doctor for these therapies?
- Work Accommodations:** Will my loved one be able to return to work? Will they require accommodations? Will I receive documentation outlining my loved one's limitations and recommended accommodations to provide to their employer?

FINANCE, SUPPORT, AND COMMUNITY RESOURCES

- Financial Resources:** Have I explored financial resources such as: disability insurance, Social Security, and Medicaid?
- Transportation Services:** What transportation services are available?
- Respite Care:** What is respite care? Is it available to me? How do I apply for it?
- Community Resources:** Have I been made aware of available community resources? Do I have them in written form?
- Spiritual Support:** Do I have a spiritual support system from a house of worship that could provide emotional or pastoral support?
- Support Network:** Who are the people available and willing to provide ongoing support such as friends, family, neighbors, professionals, or clergy? Are there support groups for myself or my loved one?
- Brain Injury Alliance of NJ:** Do I have the phone number of the Brain Injury Alliance of New Jersey if I have additional questions?

THE BRAIN INJURY ALLIANCE OF NEW JERSEY
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Our mission is to support and advocate for individuals affected by brain injury and raise public awareness through education and prevention.