Hospital Discharge Checklist

Based on Medicare's official "Your Discharge Planning Checklist" (CMS Product 11376). Start the day your loved one is admitted.

HOSPITAL	ROOM / UNIT
ADMISSION DATE	INPATIENT OR OBSERVATION?
DISCHARGE PLANNER / CASE MANAGER	PLANNER PHONE
EXPECTED DISCHARGE DATE	DISCHARGING TO (HOME / REHAB / FACILITY)
FOLLOW-UP DOCTOR & PHONE	HOME HEALTH AGENCY & PHONE

Before discharge (Medicare checklist)

Source: Medicare CMS 11376

- [ ] Write down the names and phone numbers of people to call with questions or concerns.
- [ ] Ask about complications to watch for and what to do about them.
- [ ] Ask where your loved one will get care after discharge. Are there options, like home health care? Tell staff what you prefer.
- [ ] Ask if medical equipment (like a walker) is needed, whether Medicare covers it, and who arranges delivery.
- [ ] Ask for written discharge instructions and a summary of current health status.

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» Ask whether your loved one was admitted as an inpatient or kept 'under observation'. It affects Medicare coverage for rehab.

» If you think discharge is too soon, ask about the appeal rights in the 'Important Message from Medicare' notice.

» Compare rehab and home health options on Medicare's Care Compare before choosing.

Medications (Medicare checklist)

Source: Medicare CMS 11376

- [ ] Write down the full list of prescription drugs, over-the-counter drugs, vitamins and herbal supplements, and note any changes during the stay.
- [ ] Review the list with staff and ask which items and doses to continue after leaving.

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» Ask the pharmacist to compare the new list with medications at home.

» Remove stopped medications from the house to prevent mix-ups.

Can they do these yet? Circle what needs help (Medicare checklist)

Source: Medicare CMS 11376

- [ ] Bathing, dressing, using the bathroom, climbing stairs
- [ ] Cooking, food shopping, house cleaning, paying bills
- [ ] Driving to doctors' appointments, picking up prescriptions
- [ ] Ask staff to show you and your caregiver any special-skill tasks (like changing a bandage or giving a shot), then practice them.

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» Ask home health for a home safety evaluation.

» Line up backup help in case the first plan falls through.

Coverage, coping and caregivers (Medicare checklist)

Source: Medicare CMS 11376

- [ ] Talk to a social worker or the health plan about what insurance covers and what you'll pay.
- [ ] Talk to a social worker if you're worried about how the family is coping.
- [ ] Caregiver: write down your questions, and make sure you can give the help that's needed (ask for training).
- [ ] Caregiver: get prescriptions filled and run errands before discharge.

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» Schedule the follow-up visit before leaving the hospital.

» Confirm the home health agency's name and first visit date in writing.

Official sources

Medicare: Your Discharge Planning Checklist (CMS 11376)
https://www.medicare.gov/publications/11376-your-discharge-planning-checklist.pdf

Notes