

# My Next Steps

## Getting ready to leave the hospital

As you get ready to leave the hospital, you may feel unsure about what to expect and how you will keep getting better.

You can use these questions and resources to prepare for your discharge conversations with your healthcare team.

You will receive your After Visit Summary with details of your hospital stay and medicines closer to your discharge time so you feel ready and confident to go home.

### Discharge Conversations

Here are things you can do when you talk to your healthcare team about leaving the hospital (your discharge conversations):

- Have a family member, caregiver or friend join your discharge conversations. They can join in person, by phone or video chat.
- Be honest with your healthcare team about what you need.
- Ask your healthcare team to answer all your questions and have them explain what you don't understand.
- Record the conversations with your phone's voice recorder or the Alberta Health Services My Care Conversations app, available at [ahs.ca/careapp](https://ahs.ca/careapp).

## My questions and concerns

There is a lot happening as you prepare to leave the hospital, and it can be hard to remember everything. Below are questions you can ask your healthcare provider as you prepare to be discharged.

### Going home safely

- Do I need help getting home safely?
- If I leave the hospital on a weekend, what are my care options if services are not available?
- What changes do I need to make to my everyday activities or hobbies (driving, working, social events, exercise, sex) as I heal?

### Medicine Safety

Make sure your doctor and pharmacist know all the prescription and over-the-counter medicines you take, as well as vitamins and supplements. They can make sure the medicines work well together and are safe for you.

Almost any medicine can cause harm if you take too much of it. If you have concerns about overdose, talk to your healthcare provider or pharmacist.

## My medicines

- Who will help me understand which of my medicines have been added, kept or stopped? Where can I find this information?
- How will I get my medicine if I cannot go to a pharmacy right away or my pharmacy isn't open when I go home?
- Will I need to fill any prescriptions when I am home?
- How do I know if my insurance plan will pay for my medicine?
- What medicine is safe to take for pain when I am home?

### Medicine Questions

If you have questions or concerns about your medicines after you leave the hospital, speak with your healthcare provider, talk with a pharmacist or call Health Link at 811.

## Extra care, supplies or equipment

- Will I need any supplies or equipment such as handrails, a walker or medical supplies? Who can help me get these?
- Do I need Home Care services and supports? Why?
  - Have you sent a referral?
  - Do I need a doctor's prescription?
  - When can I expect a call from Home Care?
  - Whom should I contact if I have Home Care questions?
- Do I need community rehabilitation? If so, have you sent a referral?

### Home Care

Home Care helps you stay well, safe and independent in your home. Services may include help with:

- Personal hygiene (bathing, dressing, grooming)
- Medicine
- Wound care
- Rehabilitation

Visit [ahs.ca/homecare](https://ahs.ca/homecare) or call 811.

## Follow-up appointments and tests

- Do my family doctor, community health team or other supports know I was in the hospital?
- When should I see my family doctor or specialist?

## Questions I may have after leaving the hospital

- Where can I get support if I have any of these concerns:
  - Worried about doing my usual activities (dressing, bathing, eating, caring for children or pets)
  - Not able to return to work or school
  - Worried about my ability to drive
  - Needing help to meet money, housing, food or other basic needs
  - Not able to get my medicines from the pharmacy or pay for them
  - Struggling with my feelings or worried about how I am doing.
- Can I talk to someone about my concerns before I leave the hospital?

## My notes

## More information and resources

If you are looking for more health information or resources:

- See [Navigating your healthcare journey with the right information](https://www.albertahealthservices.ca/assets/info/hp/phc/if-hp-phc-phcin-nav-health-journey.pdf) for health and wellness resources for patients, families and caregivers. Scan the QR code or go to <https://www.albertahealthservices.ca/assets/info/hp/phc/if-hp-phc-phcin-nav-health-journey.pdf>.
- Call Health Link at 811 (open 24 hours).
- Visit Know Your Options at [ahs.ca/options](https://ahs.ca/options).
- Find trusted, easy-to-understand health information at [MyHealth.Alberta.ca](https://MyHealth.Alberta.ca).



### Share your thoughts

This guide was made with patients for patients like you.

Was this guide helpful? Do you have suggestions to make it better?

Take a short survey and let us know:

- Visit <http://bit.ly/3YgMzhz> or
- Scan the QR code.



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