



Family  
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# 5 Tips for Hospital Discharge Planning

**When a loved one** ends up in the hospital, you might not think much about what happens after. A well-planned transition — whether to home, a rehabilitation facility, or nursing home — can improve patients' health, reduce readmission, and cut healthcare costs.



## Start planning early.

Under the best of circumstances, the discharge planner should begin their evaluation when the patient is admitted to the hospital.

## Give your regular doctor a 'heads up.'

Send the summary of care to the patient's regular doctor to increase the likelihood of effective follow-up care.



## Make follow-up appointments.

Plan for follow-up care with the patient's regular doctor and the appropriate specialists before leaving the hospital.

## Get phone numbers.

Before leaving, make sure you know who to call for round-the-clock care information.



## Carefully review medications.

Compare pre-hospitalization medications with the post-discharge list to prevent duplications, omissions, or harmful side effects.

**Want to Learn More?** Find more tips for successful transition in our **Hospital Discharge Planning** fact sheet at [caregiver.org/resource/hospital-discharge-planning-guide-families-and-caregivers](https://caregiver.org/resource/hospital-discharge-planning-guide-families-and-caregivers).

