

Before your parent comes home

Bring this to the discharge conversation. Ask the care team to clarify anything unclear.

Loved one / discharge date

Name: _____ Date: _____

Understand the plan

What are the main instructions, restrictions, and support needs?

Medication questions

Ask for the updated medication list, what changed, and who can clarify it.

Follow-up appointments

Which visits or tests are needed, by when, and who will arrange them?

Make the next steps manageable

Write down the plan together. Keep this page where the family can find it.

Who to contact

Care-team contact, phone number, office hours, and after-hours instructions:

When to get help

Ask which warning signs need a call and which require emergency care.

Home needs and family responsibilities

Equipment, transport, meals, personal care: what is needed and who will help?

Questions still unanswered

What do we need to ask before leaving, or clarify with the treating team?

Organization and education only. Do not change medications using this worksheet.

For a medical emergency, call 911. Ember does not provide emergency services.