



Hospital and discharge checklist

Use these prompts before an admission, during a stay and when planning a safe return home.

This is a shared, editable planning resource. Do not include information you do not need. Keep completed copies secure and check local contact details before relying on them.

Information to take in

Medication, communication, mobility, sensory and dietary needs, contacts and relevant legal documents.

What hospital staff need to know about my caring role

Explain what you normally do and how changes affect the person you support.

Questions during the hospital stay

Record updates, decisions, named contacts and what you need explained in plain language.



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Continue your notes. You can leave any section blank if it is not useful.

Before discharge

Check medication, equipment, transport, follow-up, care arrangements and when each service will start.

What I can and cannot provide safely

Be honest about tasks, overnight care, moving and handling, work and your own health.

Who to contact if the plan breaks down

Record ward, community, primary-care and urgent support routes.

Do not agree to provide care you cannot do safely. Ask to be involved in relevant discharge discussions where consent and the law allow.

Local service details

Add the approved phone number, web address and emergency or out-of-hours route for your area.
