Planning for the first night home

Think about a trip from bed to the bathroom in the middle of the night. Tell your therapist who will be there to help, what equipment you will use and where the route gets difficult.

01

Describe the route you will actually use

Sketch the route from the bed to the toilet. Include turns, doorways, steps and lighting. Tell the therapist where the walking aid would be kept.

02

Practice the whole sequence

Practice standing, turning and sitting as one sequence. Include the person who will help at home so the therapist can watch how you work together.

03

Decide what is still missing

Agree on which parts need supervision, hands-on help or equipment. Confirm who will arrange delivery and follow-up therapy.

A question before discharge

“If the person helping me cannot stay that first night, what would we need to change?” Raise this before leaving the hospital.

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