Preparing the house for your first night home

Trace the route from the car to the bathroom and then to bed. A step, a narrow doorway or a low seat is worth discussing with your therapist before you leave.

Tips to Prepare You for Home

The moment your physician gives you the green light to go home can be exhilarating. But with that excitement comes responsibility. Ensure your transition is smooth, safe, and efficient with our essential tips.

Before Your Journey Back Home:

- Familiarize yourself with mobility aids such as canes, walkers, crutches, or wheelchairs. Especially practice key movements like:
- Using the toilet
- Getting in and out of the shower
- Navigating stairs
- Consult your physician on dietary recommendations post-hospitalization. Have groceries ready before your return.
- Organize your medications: know when and how much to take. Consider using a pill organizer.
- Confirm your bathing procedures, especially if you have an incision site or wound.

First Day at Home: Essential Preparations

- Aim for step-free entrance or have someone assist you if stairs are unavoidable.
- Designate a "command center" with all essentials within arm's reach.
- Ensure all necessary items are on the same floor to minimize movement.
- Think about pet safety. It might be best for active pets to stay elsewhere temporarily.
- Enhance home safety by securing rugs and ensuring phones are accessible and charged in every room.
- Prioritize bathroom safety: consider shower chairs, grab bars, and non-skid mats.

Stay Alert! Recognize the Warning Signs:

Seek emergency help if you encounter:

- Severe chest pain
- Breathing difficulties
- Excessive bleeding or pain
- A fall or inability to move

Need More Assistance? Consider Home Health Services

If more support is needed at home, discuss a home health referral, eligibility, availability and the services an agency could provide. Ask specifically about:

- Expert guidance on mobility and symptom management
- Regular updates for your doctor on your condition
- Medication management and education
- Tailored plans for managing conditions like COPD, diabetes, or heart failure

Remember: Your safety and well-being are paramount. If you have healthcare queries or require a comprehensive guide on transitioning home post-hospitalization, reach out to us!

For questions about a planned admission, call Lakeview Admissions at (262) 534-8509. For an issue after discharge, use the clinician and number in your individual discharge instructions.

Keep the written discharge instructions, the follow-up number and the next appointment where you can reach them from home.

https://www.lakeviewsystem.com/inpatient-rehabilitation

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