

Hospital Stay Checklist

Think about and discuss hospital visits before they ever happen

- Who would look after your pets?
- Does your significant other rely on you for care? Who would help them?
- Do you have a list of medications, doses and diagnoses?
- Do you have insurance cards readily available to you and your loved ones?

Know your Support System

- Who would be your advocate while you were in the hospital?
- Who could help you get home from the emergency room or after a hospital stay? Who can help you get to follow up appointments, the pharmacy, the grocery store, etc.?
- Who could help you at home for a few days after a serious illness?
- Contact your local Aging and Disability Resource Center regarding available services.

Establish a relationship with a Primary Care Physician before a crisis happens

- Divine Savior has an excellent team of Doctors, Nurse Practitioners and Physician Assistants ready to care for you.

Complete Healthcare and Financial Power of Attorney Documents

- Assign decision makers who you trust to follow your wishes if you cannot speak for yourself.
- Divine Savior Social Workers are available to assist you with completing your Healthcare Power of Attorney document at no cost to you.



Have an Emergency Plan

- Be familiar with your insurance plans and benefits.
- Where would you go if you needed to have post hospitalization care? Are you familiar with area nursing homes and assisted living facilities?
- Divine Savior offers a full continuum of care including health/wellness, primary care, hospital, skilled nursing facility and assisted living care.

Partner with your Hospital Care Team

- Ask for help in developing a discharge plan that fits your needs.
- Ask questions and make sure you understand what is happening and what to expect.
- Refer to your written discharge instructions.