



*Ensuring a Smooth Transition Home*

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## Home Transition Guide for Patients & Families

From Hospital or Rehabilitation to Home

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### Why This Matters

The transition from a hospital or rehabilitation facility to home is one of the most important and vulnerable points in recovery. This guide helps families feel prepared and supported.

### Before Discharge: What to Clarify

#### Care Plan

- Understand diagnosis and condition
- Know next steps in recovery
- Identify warning signs

#### Medications

- Review medications and dosages
- Understand schedule
- Know side effects

#### Follow-Up

- Primary care appointment
- Specialists scheduled
- Therapy arranged (PT/OT/Home Health)

## Home Setup

- Clear walkways
- Install safety supports (grab bars)
- Ensure lighting
- Arrange sleeping area

## Caregiver Plan

- Assign responsibilities
- Set realistic expectations
- Plan for additional support if needed

## Daily Routine

- Medication schedule
- Meals and hydration
- Therapy exercises
- Rest periods

## Red Flags

Seek medical care if there is confusion, breathing difficulty, chest pain, fever, weakness, falls, or worsening symptoms.

## Patient Advocacy

Ask questions, understand the care plan, and speak up if something does not feel right.

## Final Checklist

- Instructions understood
- Medications reviewed
- Appointments scheduled
- Home prepared
- Support system ready

Questions? Schedule a transition consult with Samara Crudup, M.D. in the client portal.