



HOSPITAL-TO-HOME HANDOFF



The First 72 Hours Home

A time-based checklist for the first three days after a hospital or rehabilitation stay. Adapt it to the discharge instructions you receive.



Before leaving

- ☐ Written discharge instructions and current medication list received
- ☐ Follow-up appointments, transportation, and contact numbers confirmed
- ☐ Equipment, supplies, and home-health referrals arranged
- ☐ Warning signs and who to call after hours clearly understood
- ☐ Home entry, bathroom access, meals, and sleeping space checked



The first evening

- ☐ Use only the current medication instructions; remove outdated lists
- ☐ Keep lighting, walking paths, phone, water, and essentials easy to reach
- ☐ Choose a simple meal and reduce unnecessary activity
- ☐ Write down questions rather than relying on memory
- ☐ Confirm who is present, who is on call, and who rests next

NOTES FOR OUR NEXT CONVERSATION





TURN OBSERVATIONS INTO THE NEXT USEFUL STEP

Continue the family conversation.



Day two

- ☐ Review pain, appetite, hydration, mobility, sleep, mood, and bathroom routines
- ☐ Make the follow-up calls listed in the discharge plan
- ☐ Confirm therapy, nursing, primary-care, or specialist visits
- ☐ Adjust the family support schedule before gaps appear



Day three

- ☐ Compare today with the first evening—what is easier and what is not?
- ☐ Restock supplies and organize one consistent information spot
- ☐ Revisit whether nonmedical support, skilled care, or both are needed
- ☐ Escalate concerns using the discharge team's instructions

QUESTIONS, NAMES, AND FOLLOW-UP

ONE USEFUL NEXT STEP

Put the discharge instructions, medication list, appointments, and important phone numbers in one visible place before the first night.

