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## **Prioritise**

Prioritise equipment, aids, devices and medication you will need for a hospital stay. You may need someone to bring these items to hospital after you are admitted.

Equipment for your personal condition. For example: C-Pap
catheter, brace

- Communication devices. For example: smart phone, iPad or tablet, talking board
- ☐ Mobility aids. For example: wheelchair, walking frame, walking stick
- Feeding and drinking aids
- Medication. For example: prescribed medicines and over-the-counter medicines such as eye drops, inhalers

Make a list or take photos of all the items you take to hospital.

During your hospital stay, you are responsible for your valuable items.

The Ready to Go Home project is funded by the Australian Government Department of Social Services. Go to **www.dss.gov.au** for more information.



## Be prepared for a hospital stay



Being prepared for both a planned an unplanned hospital stay can help health staff better support you. You might want to:

<u>Plan</u> your transport options and think about who will look after your home

<u>Prepare</u> essential information health staff need to know about you

Pack a 'ready-to-go' suitcase

<u>Prioritise</u> items that you cannot pre-pack and arrange who might transport them to hospital for you.

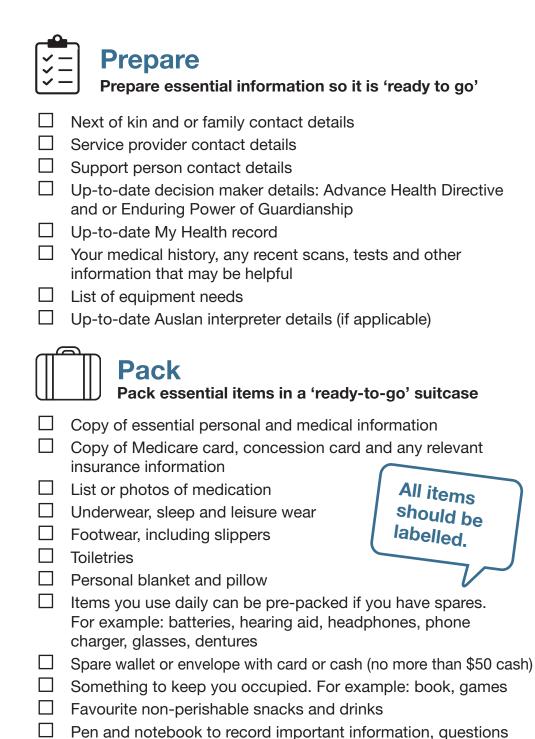


## Plan

If you have a planned visit, check with the hospital for your pre-admission instructions. For example: fasting.

ш	in case of emergency, now will you get to nospital?	
	Do you have ambulance cover?	
	Who will accompany you to hospital?	

- Is there anyone you care for who needs looking after if you go to hospital?
- $\square$  Is there someone who can check on your home to:
  - Switch off appliances Check your fridge
  - Turn on security Collect the mail and paper
  - Water the garden and pot plants
    Look after pets



and reminders