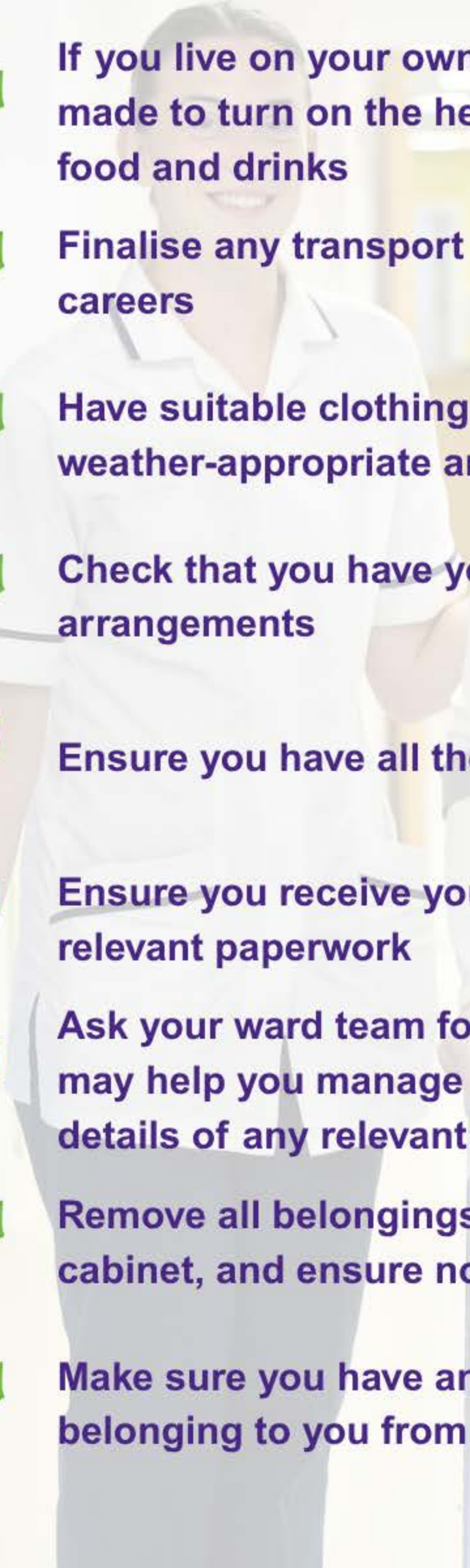


Going home checklist:



If you live on your own, ensure arrangements have been made to turn on the heating (if necessary) and stock up on food and drinks



Finalise any transport arrangements with relatives, friends or carers



Have suitable clothing for your discharge - this means weather-appropriate and comfortable clothing



Check that you have your house keys or make alternative arrangements



Ensure you have all the equipment and/or dressings you need



Ensure you receive your discharge letter and any other relevant paperwork



Ask your ward team for any written information leaflets that may help you manage your recovery at home, and for contact details of any relevant services



Remove all belongings from your hospital bedside table and cabinet, and ensure no valuables are left in the safe



Make sure you have any medications or nutritional drinks belonging to you from the ward fridge