



Hospital Discharge Survival Guide

Helping Your Loved One Recover Safely at
Home



Helping you find
answers, resources,
and *peace of mind*
for your aging parents.

♥

- CARE NAVIGATION
- COMMUNITY RESOURCES
- HEALTHCARE SUPPORT
- PEACE OF MIND

♥ You don't have to do it alone. We're here to help every step of the way. *Because they gave so much. You deserve support.* ♥

Michelle Berry, RN

Founder | Aging Parent Resource Hub

www.AgingParentResourceHub.net

Before You Leave the Hospital



Watch For

- Understanding the diagnosis
- Medication changes
- Follow-up appointments
- Warning signs to watch for

What You Can Do

- ✓ Ask questions before leaving
- ✓ Request written discharge instructions
- ✓ Confirm all appointments
- ✓ Know who to call with concerns

RN Insight

Leaving the hospital with a clear plan can help prevent complications and unnecessary readmissions.

Medication Safety



Watch For

- New medications
- Side effects
- Missed doses
- Duplicate medications

What You Can Do

- ✓ Review every medication
- ✓ Use a pill organizer
- ✓ Remove discontinued medications
- ✓ Ask the pharmacist questions

RN Insight

Medication errors are one of the most common reasons people return to the hospital. Taking a few extra minutes to review medications can make a big difference.

Making the Home Safe



Watch For

- Fall Hazards
- Difficulty Walking
- Poor lighting
- Trouble with daily activities

What You Can Do

- ✓ Remove clutter
- ✓ Install grab bars if needed
- ✓ Arrange help at home
- ✓ Prepare medical equipment

RN Insight

A few simple safety changes before arriving home can reduce the risk of falls and support a smoother recovery.

Recovery & Follow-up Care



Watch For

- Increasing weakness
- New symptoms
- Missed appointments
- Difficulty recovering

What You Can Do

- ✓ Keep follow-up appointments
- ✓ Monitor daily symptoms
- ✓ Request home health if needed
- ✓ Stay active as directed

RN Insight

Recovery continues after discharge. Small changes can be early signs that your loved one needs additional medical attention.

Knowing When to Get Help



Watch For

- Chest pain or severe shortness of breath
- Fever or signs of infection
- New confusion
- Worsening pain or swelling

What You Can Do

- ✓ Keep emergency numbers nearby
- ✓ Track symptoms in a notebook
- ✓ Contact your provider with concerns
- ✓ Call 911 with life-threatening emergencies

RN Insight

As a caregiver, you know your loved one best. If something doesn't seem right, trust your instincts and seek medical advice promptly.



What to do next

Noticing one or more of these signs doesn't necessarily mean your loved one is seriously ill—but it does mean it's time to pay closer attention.

The earlier concerns are recognized, the more options families often have for getting the right support and planning ahead.

If you're feeling overwhelmed or unsure where to start, you don't have to figure it out alone.

I'm here to help.

Michelle Berry, RN

Founder | Aging Parent Resource Hub

Helping families:

- Navigate the healthcare system
- Understand medical recommendations
- Find community resources
- Create a plan of care with confidence

Schedule your FREE 15-minute consultation

 AgingParentResourceHub.net



Meet Your Patient Advocate

Michelle Berry, RN

With more than 14 years of nursing experience, I've helped patients and families navigate the often-overwhelming healthcare system. I created Aging Parent Resource Hub because I believe caregivers deserve trusted guidance, practical resources, and peace of mind while caring for an aging loved one.

I can help you with:

- Understanding medical recommendations
- Finding community resources
- Coordinating care
- Preparing for difficult healthcare decisions
- Creating a personalized action plan
- Understanding Medicare and insurance options

You don't have to navigate this journey alone. I'm here to help.

Schedule your FREE 15-minute consultation

 AgingParentResourceHub.net