



Important questions to ask
before and during your stay



Ask questions, so you know what to expect

After you stay in a healthcare facility, many things can change. Your life and routines may be different. There may also be new details you will need to track.

When possible, have someone with you when getting instructions from your healthcare team. This person can help take notes and ask questions to make sure details are clear.

Go over this guide with your healthcare provider **before** and **during** your stay to help you and your caregiver be prepared.



Ask these questions **before** your stay

Talk with your healthcare provider before your stay in the hospital, nursing home, or other healthcare facility.

How long will my stay be?

What should I do if I think I'm being sent home too soon?

Who will be part of my healthcare team?

Will I need care at home afterward?

What will my care be like during my stay?

How long should it take me to recover?



Ask these questions **during** your stay

Before you leave, your healthcare team can help you answer these questions.

Make sure you understand the answers before you are discharged. One way to do this is to repeat back what your healthcare team has said, in your own words. Ask them to explain anything you don't understand.

Medical care

Will I need medical care at home?

What should I do if I have a problem?

Will I need medical equipment, like a walker? How do I get it?

What should I watch for when I get home?

Daily activities

Will I need help with any of the activities listed below?

Dressing

Cooking food

Climbing stairs

Picking up
medicine

Using the
bathroom

Getting to
appointments

Paying bills

Help at home

Who will help me at home?

Will I need to hire someone to help me?

Other concerns

If anything on this list is worrying you, bring it up with your healthcare team.

- Knowing about my illness or condition
- Alcohol, tobacco, or drug use
- Driving or other transportation needs
- Falling or hurting myself some other way at home
- Changes in mood, behavior, memory, or thinking
- Problems with relationships or sex life
- Taking medications or using medical equipment
- Religious or cultural considerations

Insurance and financial aid

Talk to a member of your healthcare team or your health insurance provider if you have questions about insurance or payments.

What is my insurance going to cover?

How much will I have to pay?

Will my insurance pay for any home health services?

Is a payment plan or financial assistance available?



You can ask your healthcare team for help if you're concerned about how you and your family will handle your needs. Ask about resources and support groups in your community.

Discharge instructions

Ask for written instructions about what you need to do after you leave the healthcare setting.

_____ **and** _____

Review the instructions with your healthcare team to make sure you understand them. Have someone there with you, if possible.



Resources you may need



You may need to keep track of instructions, medicines, and other details. Before you leave, ask for tips and tools that can help you keep track of details like these. **Check all the items that apply to you:**

Personal health diary for day-to-day tracking

I understand what symptoms I need to watch out for.

Medicine doses and instructions

I understand what my medicines are and how to take them.

Schedule of follow-up appointments

I have transportation to the follow-up appointment with my doctor.

Important phone numbers and other emergency details

I have a phone number to call if I have a symptom or another problem.



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