



Hospital Discharge Planning Checklist

For participants, families, and support coordinators

Leaving hospital can be a stressful time — especially when you have a disability or complex care needs. Use this checklist to plan a safe and supported discharge.

Before Discharge — Medical	Notes
■ Discharge summary provided by hospital	
■ Medication list confirmed and scripts obtained	
■ Follow-up appointments booked (GP, specialist, allied health)	
■ Wound care or nursing needs arranged if required	
■ Equipment needs confirmed (wheelchair, mobility aids, etc.)	
■ Clinical handover completed if transferring to another service	

Before Discharge — Practical	Notes
■ Transport home arranged	
■ Home is safe and accessible (ramps, rails, clear pathways)	
■ Fridge stocked / meals arranged for first few days	
■ Emergency contacts identified and informed	
■ Support workers or carers briefed on updated care needs	

NDIS Plan Considerations	Notes
■ Support Coordinator notified of discharge date	
■ NDIS plan reviewed — does funding cover post-discharge needs?	
■ Service agreements updated if care needs have changed	
■ Assistive technology or home modifications requested if needed	



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■ Short-term accommodation (STA/respice) considered if needed	
First Week Home	Notes
■ Support worker / carer completing first scheduled visit	
■ Medications being taken as prescribed	
■ GP appointment attended or booked	
■ Any new symptoms or concerns reported to health team	
■ Person feels safe and supported at home	

Need help planning a hospital discharge?

I'm With You can arrange support and coordinate a safe transition home. Call **1300 542 584** or visit **imwithyou.com.au**.