

Bringing a parent home from hospital

A checklist for Ealing families

On the ward: ask the discharge team

- ☐ What support has been arranged, and from what date?
- ☐ Who is our named contact for the first few days?
- ☐ Has a referral been made to Ealing council reablement?
- ☐ Will an occupational therapist or physio visit at home?
- ☐ What medication is coming home, and has the GP been told?

At home: before discharge day

- ☐ Bed downstairs for a few weeks, if stairs are a struggle
- ☐ Key safe fitted so carers and family can get in
- ☐ Rugs, cables and clutter cleared from bed, bathroom and kitchen route
- ☐ Easy meals and drinks within reach
- ☐ New prescription checked against tablets already at home
- ☐ Pendant alarm considered (Ealing Careline)
- ☐ Equipment confirmed: raised toilet seat, perching stool, grab rails

First 72 hours: watch for

- ☐ Not eating or drinking enough
- ☐ Missed tablets, or tablets at the wrong time
- ☐ Staying in bed or one chair all day
- ☐ New confusion, especially in the evenings
- ☐ Avoiding the bathroom

Before reablement ends

- ☐ Review booked with the reablement team
- ☐ Ongoing care arranged at least two weeks before week six

Useful numbers

Ealing adult social care (reablement): 020 8825 8000

Visiting Angels West London, Boston Manor: 0203 143 8878 · visiting-angels.co.uk/westlondon