



Questions to Ask Before Discharge

Use this before leaving the emergency room, hospital, inpatient rehabilitation, or after a major appointment. Ask for plain language, write down the answers, and make sure you know who owns the next step.

This worksheet helps organize questions and instructions. It does not replace medical advice or the discharge instructions from the treating team.

Facility / provider	Date	Who explained the plan?

Diagnosis and records

Question	Answer / instruction	Done?
What diagnosis is being given today?		☐
What did imaging show, if imaging was done?		☐
Can we get copies of the discharge summary, visit summary, and relevant reports?		☐

Symptoms and urgent guidance

Question	Answer / instruction	Done?
What changes should we expect over the next few days?		☐
What should make us call the office urgently?		☐
What should make us return to the emergency department or call 911?		☐
Who do we contact after hours if something changes?		☐

Medications and restrictions

Question	Answer / instruction	Done?
What medications should be taken at home?		☐
What side effects or problems should we watch for?		☐
Are there restrictions on driving, work, school, screens, exercise, alcohol, sleep, or activity?		☐

Follow-up and coordination

Question	Answer / instruction	Done?
Who should we follow up with, and how soon?		☐

Question	Answer / instruction	Done?
Who sends each referral, and are we responsible for scheduling?		☐
Is there a case manager or point person for coordination?		☐
If an appointment is delayed, who should we contact?		☐

Before you leave

☐ Written discharge instructions ☐ Current medication list ☐ Referrals / follow-up contacts



PRINTABLE HANDOUT 5

Symptom Tracker

Use this when symptoms come and go, when activity changes how the survivor feels, or when a short appointment does not show what daily life has looked like at home.

Track patterns, not perfection. Instead of writing “bad day,” note what changed, what happened before it, how long it lasted, and what helped.

Survivor name	Week of	Person completing this page
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Daily observations

Date / time	What changed?	What happened before?	How long?	What helped?	Follow-up?

Patterns noticed

Trigger or pattern	What helped
What seems harder later in the day?	What seems easier after rest or a change in environment?
Question for provider	Who should we ask?



PRINTABLE HANDOUT 6

First 30 Days Checklist

This is not a list to finish all at once. Use it to see what has been handled, what is still moving, and what needs an owner during the first month after discharge.

Choose the tasks that matter now. Short notes are enough. If something is urgent or unsafe, use the treating team's emergency instructions rather than waiting to complete a checklist.

Medical & follow-up ☐ Know the emergency instructions you were given. ☐ Schedule recommended follow-up appointments. ☐ Confirm which referrals are needed and who sends them. ☐ Keep an updated medication list. ☐ Know who to call if symptoms or concerns change.	Documentation ☐ Start a symptom / function log. ☐ Save discharge papers, visit summaries, referrals, and reports. ☐ Keep insurance letters, bills, receipts, and mileage when relevant. ☐ Write down important phone calls and next steps. ☐ Keep one folder or digital location for key records.
Home & routines ☐ Use written reminders for medications and appointments. ☐ Build rest and lower-demand periods into the day as needed. ☐ Notice what environments or activities make functioning harder. ☐ Assign specific help instead of relying on general offers. ☐ Watch for caregiver exhaustion early.	Work / school / daily roles ☐ Ask providers about restrictions or accommodations when needed. ☐ Keep important work or school communication in writing. ☐ Track what happens after reading, screens, work, school, driving, or social activity. ☐ Treat attempted return as information, not proof of full recovery.
Insurance & coordination ☐ Save claim numbers and contact information. ☐ Ask who owns the next step after every referral or authorization. ☐ Get important insurance decisions in writing. ☐ Do not sign forms you do not understand. ☐ Follow up when a promised call or referral does not happen.	Caregiver & family support ☐ Create a short contact list for the care team. ☐ Choose one person to update extended family when possible. ☐ Set visitor and communication boundaries that reduce the load. ☐ Write down questions before appointments. ☐ Ask for help before one person is carrying everything.

Top three priorities this week

1.		Owner: _____
2.		Owner: _____
3.		Owner: _____