

❑ If you have questions regarding your loved one, please contact:

- **Manager**, Inpatient Mental Health Unit: 613-938-4240 ext. 4311
- **Social Worker**, Inpatient Mental Health Unit: 613-938-4240 ext. 4238
- **System Navigator**: 613-361-6363 ext. 4434
 - Helps clients find the right services
 - Provides support along the way

❑ YOUR FEEDBACK IS VALUABLE TO US:

- Please complete and submit Caregiver survey
 - Located in the *Welcome Package* or ask nurse or clerk
 - Place survey in lockbox located in the Caregiver Corner by the elevators or give to staff

❑ CAREGIVER SUPPORT:

- Do I know who to call if I need help for myself?
- Are there counselling services available?
- Do I know how to access these services?
- Do I have information about local support groups?
- Family Peer Support Worker: 613-361-6363 ext. 4643

❑ TIPS FOR GOING HOME

- Write down the information given by the Doctors and Nurses
- Ask questions until you understand and get the answers you need.
- Make lists of what needs to be done, who can do it, and who can help.

❑ GOING HOME TOO SOON?

If you feel that your loved one is going home too soon, contact the Inpatient Mental Health Unit Social Worker at 613-938-4240 ext. 4238.

NOTES:

We wish to acknowledge the Agency for Healthcare Research and Quality from which this booklet was adapted. www.ahrq.gov



DISCHARGE CHECKLIST FOR THE FAMILY CAREGIVER



We recognize that family caregivers have valuable knowledge of the patient. We want to engage you in planning for your loved one's discharge from the **Inpatient Mental Health Unit**.

The family caregiver can use this checklist to collect and record information about patient discharge. If you cannot check a box, use the questions provided for discussion with the Social Worker. We want you to have all of the information you need.

❑ IS MY LOVED ONE BEING DISCHARGED TO A SAFE ENVIRONMENT?

ASK:

- Are there any hazards/triggers, such as knives, alcohol, etc. that need to be removed?
- Are there any activities my loved one should avoid? For how long?
- What do I need to do to make my home safer?
- Can my loved one be at home alone?

❑ I KNOW THE NEXT STEPS.

ASK:

- Who do I call if I have questions or problems when I get home?
- Will my loved one need support services? For how long? Who pays for it?
- Will I need help at home? If so, who will help me?

❑ I KNOW WHAT THE MEDICATIONS ARE FOR.

ASK:

- Do I know the names of the medications my loved one needs?
- Do I know why these medications have been prescribed?
- Do I know what to expect when my loved one takes these medications? Are there any side effects to watch for?
- Do I have a Pharmacist I am comfortable with?
- Who pays for the medications?

❑ I KNOW WHEN THE FOLLOW-UP APPOINTMENTS ARE AND HOW TO GET THERE.

ASK:

- What appointments/meetings/tests are scheduled in the future?
- Do I have the contact information for all follow-up appointments?
- Do I have a plan to ensure my loved one attends all follow-up appointments (consider transportation, Caregiver availability)?

❑ I KNOW WHAT PROBLEMS TO LOOK FOR AND WHO TO CALL IF I HAVE PROBLEMS AT HOME.

ASK:

- Do I have a clear understanding of my loved one's diagnosis and prognosis?
- If I do notice something unusual, who do I contact?
- When do I need to call the Crisis Line and/or Police?

❑ THE DOCTORS OR NURSES ANSWERED ALL OF MY QUESTIONS.

You may have other questions or concerns that are not in this checklist. Please ask us your questions. Make sure you have your answers **before** you leave.

