

Going home checklist

General

Have you checked...

Do you know where you are going (to home, to interim care, to a community hospital)

Do you have your own transport?

Do you have your medication and do you understand when to take it?

Do you have the equipment you need to go home?

At the home

Have you checked...

Is the heating on?

Are the lights on?

Is there basic food in the fridge?

Concerns

Have you checked...

If you are unwell and need medical help, please call 111 or visit [111.nhs.uk](https://www.nhs.uk)

If you are not unwell, but you feel you are struggling to cope at home contact adult social care on 01452 614194

If you are unsure about your medication, please call 111 and ask for the Pharmacy Helpline

Care Package

Have you checked...

Will I be contacted when the domiciliary care package is ready?