Is Your Home Ready?

CARE Connection

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Is Your Home Ready?

Preparing for a Safe Return After the Hospital



A little preparation now can help make the transition home safer, easier and less stressful.

Look at your home through the eyes of someone recovering—not how it worked before.

1. GETTING INTO THE HOME

Are there steps, uneven surfaces, loose rugs or other obstacles between the car and the door? If there are stairs, can the person safely manage them right now?

2. CLEAR THE PATH

Remove clutter, cords, small furniture and other obstacles from frequently used pathways. Make sure there is enough room to move safely through the areas the person will actually use.

3. THINK ABOUT WHERE THEY'LL SLEEP

Can they safely reach the bedroom? If the usual bedroom requires stairs, is a temporary sleeping arrangement on the main level worth considering? Can they safely get in and out of the bed?

TRY THE ROUTE BEFORE THEY COME HOME

Walk the path they will use—from the entrance to the chair, bedroom and bathroom. Looking at the home from the perspective of someone's current abilities, rather than how they moved before hospitalization, may reveal things that need attention.

4. BATHROOM SAFETY

Can the person safely get to and use the toilet, sink and shower or tub? Consider slippery surfaces, getting on/off the toilet and stepping into or out of the bathing area.

If you're unsure what equipment or modifications would be appropriate, ask the healthcare or therapy team for recommendations.

5. EVERYDAY ESSENTIALS

Put frequently needed items within easy reach. Think about medications, water, phone/charger, glasses, hearing aids, clothing and other everyday necessities. Avoid requiring unnecessary bending, reaching or climbing during early recovery.

6. THINK ABOUT NIGHTTIME

Can the person get safely from the bed to the bathroom at night? Is the pathway clear and adequately lit? Is a phone or way to call for help within reach?

DON'T FORGET PETS

Consider how pets may affect walking and movement during early recovery. It may help to have someone manage an excited pet when the person first arrives home and keep food bowls, toys and leashes out of walking paths.

QUESTIONS TO ASK BEFORE GOING HOME

1. Are there any movements, stairs or activities I should avoid or get help with?
2. Is there equipment my care or therapy team recommends for home?
3. Would a therapist or other qualified professional need to evaluate my home or teach me how to use equipment safely?

The home hasn't changed—but your needs may have.

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