

Staying Safe:

At Home

Easy Read





This document was written by the [Health Care Consumers Association](#).



We speak up for people in the ACT.

We work on health care issues.



This guide tells you how to stay safe when you get home from hospital.



We also have guides for Staying Safe:

- Going to Hospital
- In Hospital

Be Ready To Come Home

If you can, prepare for your return from hospital before you go.



Have food ready for when you come home.

You could:

- Freeze meals, milk and bread
- Stock up on foods that do not go off
- Ask someone to bring you food
- Order food for delivery.



Organise extra help for when you get home. You could ask:

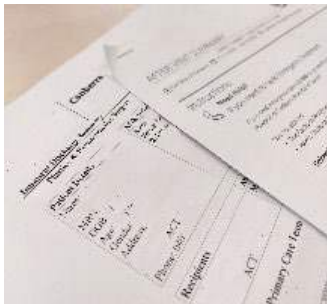


- Friends
- Family Members
- Support Workers
- Someone from Community Assistance Programs.

Looking After Your Health After Hospital



Hospital staff will tell you what extra care you might need after hospital.



The hospital will write this in your discharge summary.



A **discharge summary** has all the important information about your stay in hospital.

It also says what you need to do after hospital.

Keep your discharge summary until you are better.

The doctor you usually see when you are sick is also called your **GP**.



Your GP will get a copy of your discharge summary.

Transport From The Hospital



Do not drive yourself home.



You could book a taxi or an Uber.



You could ask someone to drive you:

- A friend
- A family member
- A support worker.

Help At Home



Remember to tell your friends and family when you get home.

Invite them to visit or call.



You can ask for help.

You can also organise for a support worker.

You might need help with:



- Getting the mail



- Putting the bins out



- Looking after pets



- Cooking meals

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- Buying groceries



- Taking you to appointments



- Cleaning the house



- Washing clothes



- Other small jobs around the house.



You might need to call for extra help.
Keep your phone with you.

Falls At Home



If you fall and cannot get up, you should call an ambulance.



The ambulance staff will check if you need to go back to hospital.

Doing these 4 things can help stop falls:



1. Look after your health:

- Eat healthy food
- Drink enough water
- Get an eye test



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2. Move your body:

You will be better at balancing.

You will also be stronger.



3. Use your aids:

Aids are things that help you do things in your life like hearing, seeing or walking.



Use your walking aids.

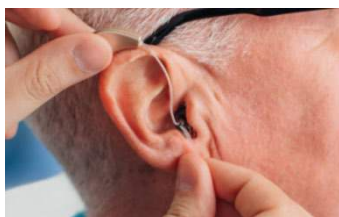


Wear flat shoes that are not slippery

That means they have good grips on the bottom.



Wear your glasses.



Put on your hearing aids.



4. Remove dangers:

Make sure your lights are bright enough to see.

Put away things you could trip over like:



- Rugs
- Power cords
- Small tables
- Pet bowls and toys



Add ramps or handrails if you need them.

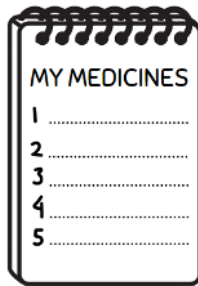


Fix uneven floors.



You can ask for help to remove dangers.

Medication Tips



Keep a list of your **medications**.

Make sure it is easy to find in an emergency.

We take medications to make us feel better, like:



- Medications your doctor told you to take
- Medications you can buy yourself, like aspirin
- Vitamins
- Herbs or natural medicine



Medication comes in different types, like pills, creams, inhalers or injections.



Keep your medication where pets and children cannot get to it.

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Tell your **pharmacist** if you have medication that:

- You no longer use
- Is past the use by date
- You sometimes forget to take



A pharmacist is a person who sells medicines and helps you take them safely.



They can help you find ways to remember to take your medicines.

Ask them for help.

See your GP



See your GP (your usual doctor) in the first week you are home even if you feel well.



Tell your GP if you:

- Are worried about your health
- Have any new health problems
- Need more medication
- Feel dizzy or unwell from your medication
- Need more help at home
- Have a fall at home.



Word list

Discharge summary: A discharge summary has all the important information about your stay in hospital. It also says what you need to do after hospital.

GP: The doctor you usually see when you are sick. Your GP will get a copy of your discharge summary. You can talk to your GP about your hospital stay and things you are worried about.

Medications: We take medications to make us feel better, like:

- Medications your doctor told you to take
- Medications you can buy yourself, like aspirin
- Vitamins
- Herbs or natural medicine

Medication comes in different types, like pills, creams, inhalers or injections.

Pharmacist: A pharmacist is a person who sells medicines and helps you take them safely.

For more information you can:



Read the [other Staying Safe guides](#) on our website.



Read our [other resources on health care](#).



Read information about staying at:

- [The Canberra Hospital](#)
- [North Canberra Hospital](#)
- [University of Canberra Hospital](#)

Our previous booklets are called:

- **Staying Safe – Going to Hospital**
- **Staying Safe – In Hospital**

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