

# INFORMATION SHEET

## Preparing to go home

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When you are in hospital after a transport accident, it can be difficult to think about what support you may need when you get home. The checklist below is designed to help you start thinking about this.

You can help yourself, family and hospital staff plan your safe discharge by filling in this checklist. If there are any issues that concern you about going home, make sure that you have worked out a solution *before* leaving the hospital.

Remember, the TAC can support you when you return home. For more information on how we can help, please read the brochure *About the TAC*.

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### THE PLANNING STAGE

Answer these questions before you are discharged from hospital. Not all the questions may be relevant to you. If a question is not relevant, you do not have to tick yes or no.

#### Going home

**Yes**   **No**

1. Is there someone who can pick you up when you are ready to go home?        

If this is a problem, how can it be solved?

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#### At home

Your transport accident injuries may prevent you from performing some of your usual household tasks for a short time.

Due to your accident injuries, are you able to perform the following tasks?

**Yes**   **No**

2. Vacuuming, mopping floors or gardening        

3. Showering, getting dressed or moving around your home        

4. Grocery shopping, preparing meals or child-minding        

5. Travelling independently to medical or rehabilitation appointments        

6. Using hospital equipment such as crutches or over toilet frames        

If any of these tasks are a problem, how can they be solved?

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#### Work/study

**Yes**   **No**

7. Does your employer/school/university know that you may need time off?        

8. Have you discussed returning to work/study with your doctor?

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## ON THE DAY YOU LEAVE HOSPITAL

Answer these questions on the day you are discharged.

	<b>Yes</b>	<b>No</b>
<b>9.</b> Do you feel confident about managing your injuries at home, including taking medications?	<input type="checkbox"/>	<input type="checkbox"/>
<b>10.</b> Have you checked with the hospital about any follow-up appointments?	<input type="checkbox"/>	<input type="checkbox"/>
<b>11.</b> Has the hospital given you medical certificates for time missed from work or study?	<input type="checkbox"/>	<input type="checkbox"/>

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## WHAT YOU NEED TO DO

If you answered NO to any of these questions you need to follow up these concerns before you leave hospital. Talking about your options with family, friends, hospital staff or the TAC will ensure your discharge from hospital and return home is smooth, comfortable and safe.

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## CONTACTING THE TAC

For information about your TAC claim or to find out what services and supports the TAC can pay for, contact our Customer Service Centre on 1300 654 329 or toll-free on 1800 332 556.