AFTER THE AMBULANCE LEAVES

The next 72 hours matter!

After an ER visit or hospitalization, an older adult returns home tired, weak, and facing new instructions—while the family assumes everything is back to normal.



24 FIRST 24 HOURS
SETTLING BACK INTO ROUTINE

- ☐ Pick up new prescriptions.
- ☐ Review discharge instructions.
- ☐ Make sure food and fluids are available.
- ☐ Confirm someone is available to help.
- ☐ Watch for symptoms the medical team said to report.

48 24–48 HOURS
ORGANIZING A NEW SCHEDULE

- ☐ Compare old and new medications.
- ☐ Schedule follow-up appointments.
- ☐ Arrange transportation.
- ☐ Identify changes in mobility or daily routines.
- ☐ Make sure instructions are understood.

72 48–72 HOURS
ASKING THE BIG QUESTION

"Can they really manage this at home?"

Can they safely...

- ☐ Get dressed and bathe?
- ☐ Prepare meals?
- ☐ Use the bathroom independently?
- ☐ Follow the new routine?
- ☐ Drive to appointments?
- ☐ Manage safely when family isn't there?

DISCHARGE HOME ≠ BACK TO BASELINE

Recovery often continues long after someone walks through the front door.

Home care provides temporary or ongoing support with personal care, meals, transportation, household routines, and supervision while an older adult continues to recover.

Before sending someone home, ask, **"What happens after everyone else leaves?"**

Let's build the bridge from discharge to recovery at home.

Assisting Hands® Home Care

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