Preparing for a HOSPITAL VISIT

Medical items

Be sure to have the following health-related items when preparing for a hospital visit – whether in- or outpatient:



• Insurance – Take all insurance cards with you, including photo identification or any documentation to prove guardianship/alternative to guardianship/supported healthcare decision-making, if needed.

• Medical equipment/supplies – Take at least two days of at-home supplies used daily by the patient (such as feeding pump, charger, feeding pump bags, feeding tube extensions, formula, ventilator/oxygen supplies, diapers, wheelchair, assistive communication device, walker).



• Medication - Take all medications - both prescribed and over-the-counter - and/or dietary supplements and herbal remedies for the patient as well as the caregiver who will be with the patient.

• Medical history – Take the Care Notebook or Shared Plan of Care with a list of primary doctors and specialists. Consider taking a photo/video of your child at his or her best to share with the care team.



Personal items

Make the visit more pleasant by taking some personal items:



• Comfort items – Take along personal comfort items for both the patient and the caregiver. These may include blankets, pillows, a favorite soap or lotion, and stuffed animals.

• Activities for the patient and caregiver – Take some favorite toys, games, coloring books, electronics, etc. (And don't forget chargers and cables.)



• **Clothing** – Bring at least two days of day- and nightwear for the patient as well as the caregiver. This may include jackets, sweatshirts, and socks.



• Food/snacks – Have food and snacks for both the patient and the caregiver as well as money to purchase food from vending machines, snack shops, or the cafeteria. (Some hospitals will deliver trays to caregivers so that they don't have to leave the room. Those who may qualify should apply for meal assistance from hospital social services.)



This information is provided by Family Voices of Alabama and the Family-to-Family Health Information Center.

To learn more: www.familyvoicesal.org • 877-771-FVOA (3862)

This project is/was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number H84MC12901 and title, Family Professional Partnership/CSHCN, for grant amount \$96,750.00, 0% financed with nongovernmental sources. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.