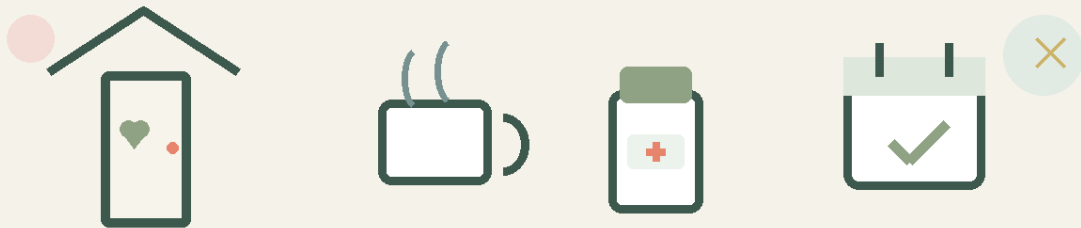




Your Care

— ♥ Thoughtful care from our family to yours ♥ —



HOME FROM HOSPITAL

Coming home after a stroke

The practical first-days checklist

A clearer, step-by-step guide to help families plan what everyday life will look like after discharge.

TAKE THIS INTO THE DISCHARGE CONVERSATION

You can tick things off, write notes and use the questions to decide who is doing what at home.

THIS CHECKLIST COVERS

- ☐ Before leaving hospital - rehabilitation, equipment, medication and who to contact.
- ☐ The first evening - food, washing, getting ready for bed and who will be there.
- ☐ Everyday support - meals, fatigue, appointments, medication prompts and confidence outside.
- ☐ What to notice - simple notes that can help the family and rehabilitation team spot changes.

The first 48 hours

Make the first evening easier

Coming home is about more than the medical plan. Food, washing, medication, energy and appointments can all feel harder at first.

You do not have to prove you can manage everything. Families often feel guilty asking for help after a stroke. Planning practical support is not giving up on independence. It can help protect it.

BEFORE THEY LEAVE HOSPITAL

- ☐ Ask what rehabilitation has been arranged and who will contact you after discharge.
- ☐ Check what equipment or adaptations need to be in place before they arrive home.
- ☐ Make sure you have an up-to-date medication list and understand the timings.
- ☐ Know who to contact about stroke-related changes, medication questions and rehabilitation concerns.

FOR THE FIRST EVENING

- ☐ Decide who will be there that evening and who will check in the following morning.
- ☐ Make sure there is easy food and drink available and appropriate to any swallowing advice.
- ☐ Think through getting to the toilet, washing, changing clothes and getting ready for bed.
- ☐ Put frequently used items within easy reach so the first night does not become a test of stamina.

Plan the everyday

Who is doing what at home?

The medical plan matters, but so do the ordinary parts of the day. Use these questions to work out where support may be useful.

Meals & drinks

Who will shop, prepare food and make drinks on tired days?

Fatigue

What can be moved, shortened or supported so energy is kept for the things that matter?

Washing & dressing

What can they still do themselves, and where would an extra pair of hands help?

Appointments

Who is keeping dates, questions and transport arrangements in one place?

Medication prompts

Is there one clear routine so several people are not all relying on memory?

Confidence outside

Could the first walk, shop or appointment feel easier with someone alongside them?

Quick planning prompt: Put one name next to each area. If the same person appears beside everything, that may be a sign the family needs more support around the plan.



What to notice

Keep a simple record, not a perfect one

A few notes can help the family and rehabilitation team spot patterns. You are not expected to document every minute of the day.

Food & drink

What was eaten and drunk? Is appetite, swallowing or preparing food becoming harder?

Medication

Was the planned medication taken or prompted? Are there questions to raise?

Fatigue

What time of day is hardest? What happened earlier that may have used their energy?

Mobility

Are walking, transfers or stairs changing? Record any falls or near-falls.

Washing & dressing

Which parts are manageable and where is support still useful?

Confidence

Are they more or less comfortable being alone, answering the door or going outside?

Appointments

Write down questions as they occur and note any new instructions after appointments.

Changes

Record anything sudden, unusual or worrying and seek the appropriate clinical advice.

Help and urgent advice

Keep these numbers somewhere easy to find

Sirona ICSS
0300 125 5951

Stroke rehabilitation, advice and stroke-related changes after discharge.

Bristol After Stroke
0117 964 7657

Practical, emotional and community support across Bristol and South Gloucestershire.

Stroke Association
0303 303 3100

Information and support about stroke. The helpline does not provide medical advice.

NEW STROKE SYMPTOMS? CALL 999

Remember FAST: Face weakness, Arm weakness, Speech problems, Time to call 999. Also call 999 if stroke symptoms happened within the last 24 hours but have now stopped.

Do not drive yourself to A&E.

Need practical home support while recovery continues?

Your Care can help with meals, washing and dressing, medication prompts, shopping, appointments, companionship, check-ins and rebuilding confidence outside.

Call 0117 947 7422

Thoughtful care from our family to yours.

Local service details and urgent stroke advice checked 3 September 2026. This checklist is general information and does not replace individual medical advice.