



*Tip Sheet:*

# From Hospital to Community

If you want a voice in your care and recovery:

- ◆ Get to know the names of staff - write them down, address them by name.
- ◆ When your family member is admitted to hospital, ask for a meeting with the team to discuss the treatment plan within no more than two weeks of admission.
- ◆ If you find this difficult or intimidating ask for a facilitator to be present or bring a trusted person with you.
- ◆ Come prepared to explain to what degree you want to be involved. Bring questions. Come with an attitude of team building, not complaining. Express your fears but say you appreciate their help and you want to contribute where you can.
- ◆ Ask what supports are available for you (a nurse, a chaplain, a group, reading materials etc)
- ◆ Say you would like to have meetings whenever there are major changes in treatment plans coming up.
- ◆ Thank people who do their job well.