

## Remembering carers in discharge – some prompts

**A Carer** is someone (usually a family member) who provides support to children or adults who have a disability, mental illness chronic condition or who is frail aged. Carers can be parents, partners, sons, daughters, brothers, sisters or friends of any age.

**Have you identified if the patient is a carer, has a family carer or will need one on discharge?**

### If the patient is a carer...

Have you discussed whether:

- the person(s) they care for has adequate alternative care arrangements while the carer is in hospital
- they have any concerns about how they will manage their care responsibilities on discharge and what impacts these may have on their recovery
- additional supports may be required to support their caring responsibilities and recovery on discharge?

### If the patient has/will have a carer...

Have you talked/discussed with the carer about:

- how confident and able they feel about their caring responsibilities after discharge
- their own health, emotional concerns or other issues that arise from or affect their caring (eg poor health; work or other family commitments; grief reactions, stress or intimacy issues)
- the supports they may need from other family members or services after discharge (eg respite, carer education, assistance with household tasks, equipment)
- discharge arrangements with the carer (date, time, transport) and given 24hr notice about discharge?

### Have you provided the carer with...

- service information and made referral (eg regional carer service) to address carer support needs
- plain language information addressed to the carer about the patient's illness, prognosis, treatments, medication and care management
- contact name and 24 hr contact number if they have worries post discharge
- a follow-up date when they will be contacted to see how they are managing and services working out?