

# GERIATRIC HEALTH SERVICES

## **IMPORTANT QUESTIONS TO ASK**

Please go through this checklist when you are being discharged or when you are coming into the hospital for a clinic appointment:



### **Discharge From the Hospital:**

- Ask your physician about your progress and concerns. Make a list so you do not forget.
- Ask your physician about any physical, occupational, nursing or speech therapy you might be needing after you leave the hospital and the days and times these therapists will come to your home. Write down the days and times.
- Ask your doctor about your medications or any new medications that have been added to your list. If required, ask for a pharmacy consultation before you leave the hospital.
- Are you able to pick up your medications? Ask for the pharmacy closest to your home.
- Has your doctor suggested any assistive devices like a bath seat, grab bars, elevated toilet seat, non-skid mats, walker, wheelchair, or cane? Do you know what these devices are and how to find them? Talk to the hospital nurse case manager about whether insurance will pay for them or whether you will need to rent or buy them. For a list of places that sells or rents assistive devices, please call your local pharmacy, or call (800) 537-2118, [www.independentliving.com](http://www.independentliving.com), or (800) 522-6294, [www.MaxiAids.com/store](http://www.MaxiAids.com/store).
- Do you know when your next clinic appointment is? Write down the day, time, clinic location and clinic phone number.
- Remember to collect all your belongings and all the paperwork given to you by the hospital.

### **Before a Clinic Visit:**

- Make sure you know the location of the Clinic. Stanford's clinics are in different locations.
- Talk to your physician about your on-going and future goals.
- Discuss concerns that you may have and ask your physician if you need to see someone who specializes in geriatrics.
- Call Guest Services at (650) 498-3333 if you anticipate needing assistance from the parking garage to the clinic.