



Appendix E:

Safe Discharge Toolkit

Safe Discharge Checklist

Medical Stability

- ☐ Stable vital signs
- ☐ Pain controlled
- ☐ Medication plan completed
- ☐ Consults completed
- ☐ Results reviewed
- ☐ Follow-up scheduled

Functional Readiness

- ☐ Can transfer safely
- ☐ Can use washroom safely
- ☐ Can navigate home
- ☐ Can manage medications

Home Supports

- ☐ Equipment delivered
- ☐ Home care arranged
- ☐ Family support confirmed
- ☐ Transportation arranged
- ☐ Emergency plan established

Red Flag Checklist

- ☐ Chest pain
- ☐ Delirium
- ☐ Breathing difficulties
- ☐ Uncontrolled bleeding
- ☐ Severe weakness
- ☐ High fall risk
- ☐ Pending critical results

Safe Discharge Scripts

When It Doesn't Feel Safe

“Based on their current condition, discharge feels premature. Can we review the clinical criteria supporting this decision?”

Requesting More Time

“Would another 24 hours of monitoring provide important information about their recovery?”

Home Not Ready

“Our home is not equipped to support them safely yet. What options can help bridge this gap?”