

Going to the Hospital



**Going to see the hospital?
Here's some information to
be prepared.**

You can fill out the [About Me](#) worksheet before you go.

A worksheet titled "About Me: My Health Information" with various fields for personal and medical information. The fields include: My name, My birthday (Month, Day, Year), My address, My phone number, Other information (I receive ODSF: yes/no, I live (choose one) in my own home/with family/group home), Who to call for help (Name, Phone number), Relationship to me (My family doctor, Name, Phone number), and a note at the bottom: For Staff: Medication and allergy information on back page.

The hospital is a very busy and often noisy place, so it might help you to think about things you like that you can bring with you, in case you have to wait. Here are some ideas of things you can bring with you:

- Your favourite comfort item like a special charm or stuffie or photo
- A music player (like an iPod) or something to watch videos on with headphones
- A friend, support worker or family member
- A snack or treat that you like
- A book or magazine you like to read

Don't forget medications that you are supposed to take that day. They might not have them at the hospital.

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Things to do before you leave the hospital

It is very important to understand what happened at any hospital visit. You need to remember what the doctors and the hospital team said, and to do things they suggested when you go home.

You can fill out the [Exit Interview](#) with someone from the hospital before you leave to help make remembering easier.

Today's ER Visit:
My Exit Interview
A summary of today's visit, to improve continuity of care.

Name: _____

Date: _____

Hospital: _____

For ED Staff:

- Review and discuss the visit and next steps in clear language with the patient.
- Ask them to read back or repeat to see they understand it.
- For this Exit Interview to their caregiver/community workers if at all possible.

Would I like to learn more about going to the hospital?



You can use [this social story](#) about going to the emergency department so you can know what to expect when you arrive.



This [video](#) explains what happens at a visit to the emergency department and can help you prepare and know what to expect.



There are other websites where you can find information about going to the hospital. Have a look at [Easy Health](#).