

# Preparing for A Discharge to Shelter

## Checklist of Discharge Requirements

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### A meal before discharge

Shelters typically have specific meal times, so if a patient is discharged after meal-times, they may have to wait for the following day to eat a full meal.

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### A copy of their written prescriptions, a week's worth of filled prescriptions, and clear written instructions on how to administer the medicines

This is particularly important to ensure that these individuals can have continuity of care with regards to their medicine since shelters do not have the capacity to pick up prescriptions from community pharmacies or provide medication management or reminders.

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### A copy of their health insurance information

Ensure they have the information needed to respond to any ongoing or future medical needs.

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### Ensure patient has weather appropriate clothing and footwear

It is important for patients to be discharged to shelter with weather appropriate clothing and footwear. Agencies like Goodwill or The Salvation Army oftentimes have donations available for people experiencing homelessness. Hospitals can also contact the shelter for suggestions and referrals.

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### Paid transportation to shelter

It is the hospital's responsibility to ensure that patients who are being discharge to shelter arrive safely.