

Background Information

My Next Steps: Getting ready to leave the hospital

My Next Steps: Getting ready to leave the hospital is a patient guide co-designed with patients and families from across the province. Its purpose is to help adult patients, or their designated support person(s) be active participants in their transitions from hospital to home by assisting patients in identifying and sharing what matters most to them.

The guide is intended to help patients and/or designated support person(s):

- have the opportunity to ask their discharge readiness questions well in advance of discharge
- be actively engaged in their discharge planning conversation(s)
- feel ready and confident to go home with the right information.

Quick Links:

- [My Next Steps Guide](#)
- [My Next Steps FAQ](#)
- [My Next Steps Staff Script](#)

Click on the links for more information →

What's in it for the patient?	What's in it for healthcare provider?
<ul style="list-style-type: none">• Share what matters most to them.• Ask their questions before discharge.• Feel ready and confident going home.• Be an active participant in discharge conversations along with their designated support person(s).• Able to record the information they feel is important.• Provides resources they can utilize once home.• Compliments their After Visit Summary.	<ul style="list-style-type: none">• Have meaningful conversations on what matters to the patient well in advance of their discharge.• Allows for discharge conversations to happen by the most appropriate team members.• Guide to be used by patient only (no fillable fields to be completed by healthcare provider).

How to introduce My Next Steps to patients and/or designated support person(s):

1. To support discharge conversations, print My Next Steps or open the guide on the patient's handheld device using the QR code.
2. Use the [staff script](#) to guide your conversation.
3. Let the patient know the guide is to help them think about important considerations when going home and encourage the patient to ask questions at any time during their hospital stay from any care team members.
4. Engage in meaningful conversation(s) whenever the patient and/or designated support person(s) asks questions about their discharge.

