



Government of **Western Australia**
Department of **Health**

Now You Are Home



Patient**First**

better health • better care • better value

Now you are home

This guide is to help you settle in at home after your hospital stay.

Managing your condition

Follow the instructions given to you in hospital about your medications and exercises. Contact your GP as soon as possible if you have any concerns about your condition.

It is common to feel sad or down and at times find it difficult to cope after serious illness or major surgery.

You may find it helpful to talk to someone about how you are feeling, like a friend, health professional or patient support group.

Preventing falls at home

There are simple steps you at home can take to prevent falls. Prevent slips, trips and falls with the following simple steps:

Moving your body: will improve your balance and posture, strengthen your muscles and bones and improve your overall fitness and wellbeing.

- **Build your balance** – improving your balance is the best way to prevent a fall.
- **Strengthen your legs** – strong bones and muscles in your legs will help keep you flexible and mobile.

Remove hazards: keeping your home free from hazards will reduce your risk of a fall.

- **Make your home safer** – remove slip and trip hazards, make sure areas are well lit and consider equipment if you need it.
- **Check your eyesight** – have your eyes tested regularly and make sure you keep your glasses somewhere easy to reach.
- **Wear safe footwear** – wear flat, securely fitting shoes with good grip.

If you have had a fall, speak to your GP so you can take steps to reduce your risk of falling again.

Be medicine-wise at home

- Keep a list of all medicines you take, including over-the-counter medicines, vitamins, and herbal medicines.
- Keep medicines out of reach of children and pets.
- Ask your local pharmacist to dispose of your unused or out-of-date medicines.
- Ask your local pharmacist for a list of your regular medicines. If you have trouble remembering to take your medicines, speak to your local pharmacist for advice on medication aids (eg. Webster-pak®).
- Visit NPS Medicinewise at www.nps.org.au to download the smart phone app to manage your own medicine list.

Support for carers

When you have returned home from hospital, your carer may require extra help. For more information call Carers WA on 1300 227 377.

Further resources

Choosing Wisely Australia – www.choosingwisely.org.au
For advice on what to ask to your doctor or healthcare provider.

NPS MedicineWise – www.nps.org.au/topics/how-to-be-medicinewise/managing-your-medicines/medicines-list/medicinelist-smartphone-app

Find out how to keep an up-to-date list of all your medications.

Stay On Your Feet® – www.stayonyourfeet.com.au
For more information on how to prevent falls.

Endorsements



HEALTH CONSUMERS'
COUNCIL
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Carers WA
Australia



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in alternative formats on request for
a person with disability.

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