

## Taking Charge of Your Healthcare: Your Path to Being an Empowered Patient

<http://www.patientsafety.org/page/transtoolkit/>

This brief selection of links will support your ability to help in safe transitions of care by building on the information and tips in the CAPS Transitions toolkit. Please help contribute to this listing by sending an email to [info@patientsafety.org](mailto:info@patientsafety.org) with suggestions and a statement as to how the tools have been useful in your safe transitions from hospital to an outpatient or home environment.

Partnership for Clear Health Communication at the National Patient Safety Foundation

### **Ask Me Three: materials for consumers**

[http://www.npsf.org/askme3/for\\_patients.php](http://www.npsf.org/askme3/for_patients.php)

*These simple questions are useful to help you get the information you need from your doctor or nurse.*

National Alliance for Caregiving

### **A Family Caregiver's Guide to Hospital Discharge Planning**

<http://www.caregiving.org/pubs/brochures/familydischargeplanning.pdf>

*This resource can help family members and patients themselves prepared for a smooth discharge process.*

The Joint Commission

### **Follow-up care plan. "Speak-Up" Series**

[http://www.jointcommission.org/NR/rdonlyres/0A4A05CE-CA67-4F29-840D-E4C0CD5115F9/0/speakup\\_recovery.pdf](http://www.jointcommission.org/NR/rdonlyres/0A4A05CE-CA67-4F29-840D-E4C0CD5115F9/0/speakup_recovery.pdf)

*This pamphlet provides questions to help you get the information you need for the best follow-up care once you leave the hospital.*

National Transitions of Care Coalition

### **My Medicine List**

[http://www.ntocc.org/Portals/0/My\\_Medicine\\_List.pdf](http://www.ntocc.org/Portals/0/My_Medicine_List.pdf)

*"My Medicine List" can help you and your family keep track of everything you take to keep you healthy—your pills, vitamins, and herbs. Having all of your medicines in one place also helps your doctor, pharmacist, hospital, or other healthcare workers take better care of you.*

National Association of Social Workers

### **Help Starts Here: About Pain**

[http://www.helpstartshere.org/health\\_and\\_wellness/pain/about/about\\_pain.html](http://www.helpstartshere.org/health_and_wellness/pain/about/about_pain.html)

*This web site provides a collection of tools and information on helping you discuss pain you have with your healthcare team.*

Planetree

### **Resources for Patients: Things to Ask at the Hospital**

<http://www.planetree.org/Puttingpatientsfirst.html>

*This set of questions touches on areas of comfort, access to information, involving your family members in your care and other points important to a hospital stay.*

Aurora Health Care

**Partners in Safety: My Medicines**

[http://patientsafety.org/file\\_depot/0-10000000/20000-30000/24986/folder/65245/attachmentn.pdf](http://patientsafety.org/file_depot/0-10000000/20000-30000/24986/folder/65245/attachmentn.pdf)

*This medication list was developed for consumers by consumers to help manage your medication usage in a safe and effective manner.*

Medicare

**Planning for Your Discharge**

<http://www.medicare.gov/Publications/Pubs/pdf/11376.pdf>

*A checklist for patients and caregivers preparing to leave a hospital, nursing home, or other healthcare setting.*

National Transitions of Care Coalition

**Taking Care of my Health Care**

[http://www.ntocc.org/Portals/0/Taking\\_Care\\_Of\\_My\\_Health\\_Care.pdf](http://www.ntocc.org/Portals/0/Taking_Care_Of_My_Health_Care.pdf)

*This guide will help you or your caregiver be active in either your own healthcare or as you help care for someone else. Take this with you each time you meet with a healthcare provider (such as a doctor, nurse, pharmacist, or social worker); visit a hospital, nursing center, or other healthcare facility; or receive care in your home. Using this guide can help you keep track of your health information, and may prevent other health problems.*

Care Transitions Program<sup>SM</sup>

**Tools for Patients and Caregivers**

[http://www.caretransitions.org/patient\\_tools.asp](http://www.caretransitions.org/patient_tools.asp)

*This Web site has links to several tools designed to support your transfer from hospital to home.*

The Nemours Foundation

**Who's Who in the Hospital**

[http://kidshealth.org/teen/your\\_body/medical\\_care/in\\_hospital.html](http://kidshealth.org/teen/your_body/medical_care/in_hospital.html)

*This guide to who may be on your healthcare team can help reduce confusion as to who is working with you and what their job is to make your stay in the hospital and transfer home as safe and effective as it can be.*

Agency for Healthcare Research and Quality

**Getting Safer Care**

<http://www.ahrq.gov/consumer/safety.html>

*This US-government web site has collected for you materials that can help you prevent errors, get quality care and use hospitals & clinics to stay safe when you or a family member are a patient.*

**Institute for Safe Medication Practices / Consumer med safety**

<http://www.consumermedsafety.org/>

*This Web site will help you find information about the medications you are on and allow you to help report and prevent drug-related errors.*

**National Family Caregivers Association**

Tips and Tools

[http://www.thefamilycaregiver.org/caregiving\\_resources/tips\\_and\\_tools.cfm](http://www.thefamilycaregiver.org/caregiving_resources/tips_and_tools.cfm)

*This is a list of resources for you to help deal with the emotional and practical sides of caregiving. The site has special web sites and tools offering specific help with issues such as locating senior housing, communicating with family and friends, or information on Medicare drug plans.*

