

Support Person Checklist

How Very Kind of You!

Having a trusted and reliable companion is a big help to surgical patients. Your kindness in agreeing to be the "Support Person" helps to minimize risk and to promote a speedy recovery.

This checklist is designed as a handy tool for you to keep track of what the patient has asked you to take care of and any tasks that you can hand over to other family and friends who are able to assist.

Quick Reference Information

Patient's Full Name:	Patient's Home Address:
Surgeon's name and phone number:	Family doctor's name and phone number:
Pharmacy name and address:	Nearest hospital Emergency:
Name of the surgical procedure:	Surgery will be performed at:
Date and Time to Arrive for Surgery:	Date and Time to Pick Up to Take Home:

Picking up the patient after their surgery to bring them home is the single most important thing you can do to help. Surgery will be cancelled if no arrangements have been made, as it is not safe for a surgical patient to travel alone even if they have stayed in hospital after the surgery. Please note that if the patient is coming home on the same day as their surgery, they may need to have a responsible adult stay with them for 24 hours.

Pre-Surgery Appointments

Since people are often worried about their condition and the prospect of having surgery, they are not able to think as clearly or remember things as well as they would otherwise. It is therefore very helpful if you are able to arrange for someone to accompany the patient to their consultation appointments with the surgeon and at the Pre-Admission Clinic (if needed). If the person you are supporting cannot travel alone for some reason, they may also need assistance to get to the lab or to an appointment for diagnostic imaging such as a CT scan.

Appointment:	I will go:	I will ask this person to go:	Confirmed
Date: Time: Address:	<input type="checkbox"/>		<input type="checkbox"/>
Date: Time: Address:	<input type="checkbox"/>		<input type="checkbox"/>
Date: Time: Address:	<input type="checkbox"/>		<input type="checkbox"/>
Date: Time: Address:	<input type="checkbox"/>		<input type="checkbox"/>
Date: Time: Address:	<input type="checkbox"/>		<input type="checkbox"/>
Date: Time: Address:	<input type="checkbox"/>		<input type="checkbox"/>
Date: Time: Address:	<input type="checkbox"/>		<input type="checkbox"/>
Date: Time: Address:	<input type="checkbox"/>		<input type="checkbox"/>

Home and Family Arrangements

Even minor surgical procedures may have a bigger effect on the body than a patient expects. It is best to have arrangements made as necessary to allow the patient to rest for at least 24 hours after going home. Some patients may need a week or longer before they can prepare a family meal, do housekeeping, or care for children even if they have been in the hospital for a long time since their surgery. If you accompany the patient to their consultation appointment with the surgeon, you can ask what to expect and how you can help.

All surgical patients will receive instructions of some sort when they are discharged. Be sure to ask any questions you have and get a telephone number for someone you can call if questions come up later.

Our [Preparing for Surgery Checklist](#) for patients includes a list of arrangements that may need to be made. If the surgery involves arms or legs, if the patient will have an incision, or if a general or regional anesthetic will be used, please also review the [Taking Care at Home After Surgery](#) information sheet.

You can use the chart below to note things that you have been asked to take care of and who is able to assist you.

I need to make arrangements to:	I will do this:	I will ask this person to do this:	Confirmed
	<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>