



PRE-SURGERY CAREGIVER CHECKLIST

Preparing for a Safe Recovery After Joint Replacement

A little planning before surgery can make recovery safer, smoother, and less stressful for everyone.

Before Surgery

- ☐ Confirm the surgery date and expected discharge plan.
- ☐ Ask the surgeon what level of assistance will be needed during the first two weeks after surgery.
- ☐ Arrange for someone to stay with the patient after discharge, if needed.
- ☐ Notify your senior living community about the upcoming surgery.
- ☐ Ask what services your community can provide during recovery (transportation, wellness checks, meal delivery, therapy coordination, etc.).
- ☐ Confirm whether Home Health services have been ordered.
- ☐ Decide whether additional private-duty caregiving would be helpful.

Prepare the Home

- ☐ Remove throw rugs, cords, and other trip hazards.
- ☐ Install or obtain recommended safety equipment (grab bars, shower chair, raised toilet seat, etc.).
- ☐ Place frequently used items within easy reach.
- ☐ Prepare meals or stock the freezer with easy-to-reheat foods.
- ☐ Fill prescriptions before surgery whenever possible.

Plan for Recovery

- ☐ Arrange transportation to follow-up appointments and physical therapy.
- ☐ Keep important phone numbers and emergency contacts in one place.
- ☐ Review medications and post-operative instructions before returning home.
- ☐ Make a plan so the caregiver can take breaks and ask for help when needed.

Remember...

Home Health provides skilled nursing and therapy services, but patients may still need help with everyday activities such as bathing, dressing, meal preparation, housekeeping, transportation, and companionship during recovery.

Planning ahead helps everyone focus on healing.

Questions? We're Here to Help.

ALC Health Care Services

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