

Are you off country a long way from home and family?

Important things you and the staff need to know on arrival at the hospital

Who is your mob, where are you from? Let your clinical care team know if you are Aboriginal or Torres Strait Islander and how far from home you are.



Would you like to speak to an Aboriginal Liaison Officer/Aboriginal Health Worker? They may be able to provide cultural support for advocacy and liaison between you and your clinical care team.

Ask to have a family conference with the doctors. Have a yarn about your choices, goals and concerns with your clinical care team and family members. Let them know if you don't understand something.

Who do you want included in your shared care planning? A shared care plan includes you, your next of kin, family or carer and your clinical care team in planning your care.

Are you worried your family member is getting sicker? Ask for **R.E.A.C.H.** REACH is a system to help you, your family or carer raise concerns with staff if you think someone is getting sicker and no-one seems to be noticing. Have a yarn with your clinical care team about your worries.



What support will you need at home? Have a yarn about your plans for going home with your clinical care team; follow-up appointments, equipment, medication.

When and how are you getting home? Who will pick you up? The hospital may be able to assist with transport home.

Going home checklist - Do you have:

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| ☐ Discharge Summary | ☐ GP follow-up appointment |
| ☐ Equipment | ☐ Scripts ☐ Medications |



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