

# Your next 30 days

An organisational timetable, never a medical deadline. Follow the care team’s schedule first.

**This week: task / owner / date**

**Next week: task / owner / date**

**Weeks 3-4: review / owner / date**

**What changed? Who needs to know?**

**Family review date / backup person**

# Appointments: a handover log

Record the next step, not just the date. Keep clinical instructions with their original documents.

**Appointment / date / location**

**Questions agreed beforehand**

**Written instructions received / where stored**

**Next action / responsible person / due date**

**Who has been updated?**

# What to bring to hospital

Check the ward's own instructions. Do not delay emergency care to pack.

Identity and health/insurance documents required locally

Current prescriptions and medication list

Relevant reports and referral documents

Glasses, hearing aids or other usual aids, as permitted

Phone, charger and trusted contact details

Personal items and clothing allowed by the ward

**What does this ward ask us to bring?**

**Person preparing the bag / phone**

**Where are the documents?**