



Dementia Hospital-to-Home Transition Planner

[Transitioning a loved one home after a hospital stay](#) can feel daunting, especially when dementia is part of the picture.

This guide is designed to walk Oakville-area families through every stage with practical advice, checklists, and reminders for both physical safety and emotional well-being.

1. Understanding Dementia & Transition Challenges

Individuals with [dementia](#) thrive on routine and familiarity.

Hospital stays disrupt their schedule, leading to confusion or agitation.

The return home offers comfort, but new medical needs and changes in care can add pressure for families.

2. Hospital Discharge Checklist

Begin planning discharge with the hospital care team as soon as possible.

Use this checklist:

- Request a written summary of care instructions and medication changes.
- Verify dietary restrictions and new routines.
- Clarify equipment and supplies: hospital bed, walker, commode, etc.

- Schedule and confirm follow-up appointments (primary care, therapy, home care).
- Review home care recommendations and resources available in Oakville.
- Ask about warning signs that warrant immediate medical attention.



3. Home Safety Assessment Guide

Before your loved one arrives, walk through your home room by room:

- Remove loose rugs, clutter, and electrical cords from walkways.
- Install grab bars in bathrooms and handrails on stairs.
- Add nightlights or motion-activated lighting for hallways and bedrooms.
- Post visual cues or labels on important doors, cabinets, and appliances.
- Store hazardous cleaning products and medications in locked cupboards.

Always Best Care offers complimentary fall risk and home safety inspections for Oakville families, ensuring a thorough and stress-free process.

4. Daily Routine & Personal Care Planner

Consistency is calming for dementia patients. Use this template to shape a daily routine:

Time Block	Activity/Task	Notes
Morning	Breakfast, Bath	Medication at 8:00 am

Noon	Lunch, Activities	Short walk in the backyard
Afternoon	Snack, Rest	TV or music time
Evening	Dinner, Quiet	Family calls, Medication

Include medication reminders, favourite activities, and family calls, all tailored to your loved one's preferences.

5. Family Communication Log

Keep all important contacts, medication changes, and care updates in one place:

Date	Visitor/Caregiver	Notes/Concerns	Next Steps

6. Oakville Support Resources

List trusted professionals and organizations ready to help:

- **Always Best Care of Oakville:** [\(289\) 814-3783](tel:2898143783)
- **Oakville memory care support groups**
- **Local clinics and geriatric specialists**

Include space to add your family's own preferred resources and emergency contacts.



7. Family & Self-Care Tips

Caregiving for someone with dementia is loving but demanding. Here are strategies for keeping your family strong:

- Take regular breaks. Respite care is available whenever you need it.
- Reach out for emotional support groups and counsellors who can help.
- Celebrate progress and small victories.
- Utilize community offers, such as free safety inspections.

8. Emergency Planning

Preparation brings peace of mind. Keep emergency numbers near every phone. Create a plan for medical emergencies and have backup care contacts, as well as a copy of your loved one's medical information, readily available in an accessible location.



Need Expert Support Every Step of the Way? Contact Always Best Care of Oakville

At [Always Best Care of Oakville](#), we understand that the journey with dementia is unique for everyone. As dementia progresses, the demands of caregiving intensify, and you don't have to face this journey alone.

Why Choose Always Best Care of Oakville:

- ✓ **Specialized Parkinson's Training:** Our caregivers receive comprehensive training specifically focused on understanding dementia, identifying signs of progression, and implementing safety strategies.
- ✓ **Personalized Care Planning:** We begin with a detailed consultation to understand not just medical needs, but also personal history, interests, and preferences to match the right caregiver to your loved one.
- ✓ **Compassionate Family Support:** We provide support not just for individuals with PD, but for their families, too, helping address concerns and adapt to changing needs with comfort and reassurance.
- ✓ **Flexible Care Options:** From a few hours of respite care to around-the-clock support, we customize our services to fit your needs and schedule.
- ✓ **Local Expertise:** Serving Oakville, Burlington, Milton, Mississauga, and surrounding areas with in-depth knowledge of local resources and healthcare systems.

Our [home care services](#) include:

- Personal care and hygiene assistance.
- Medication reminders and management.
- Mobility assistance and fall prevention.
- Meal preparation and nutrition support.
- Companionship and social engagement.
- Respite care for family caregivers.
- Transportation to appointments.
- Light housekeeping and home organization.

Contact us at:



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<https://alwaysbestcarecanada.ca/oakville/>



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