



There are lots of questions that must be answered when a loved one is hospitalized after a fall or another medical event. It can be overwhelming and difficult to answer all of them when under the stress of having a loved one in the hospital. An ounce of prevention can reduce the stress and uncertainty of a crisis.

During Hospitalization:

- Where will your loved one go after hospitalization and rehabilitation? Will it be their home, your home, or a care facility? What do they prefer? Will any modifications need to be made to living accommodations?
- What does the recovery process entail?
- How long will it take for them to recover?
- What can I do to support their recovery?
- Will they need assistance? What will they need assistance with? How often will they need assistance? For how long?

Care/Recovery:

- What can I do to prevent further issues or rehospitalization?
- How can I further educate myself on my loved one’s medical condition? How can I get information about the new medication (names, schedule, side effects, etc.)? Are dietary changes helpful during recovery?
- Are they able to maintain self-care (personal hygiene, etc.)? Are they able to perform household duties? (cleaning, cooking, medication, phone calls, etc.)
- What does our daily plan of action consist of?
- How can I ensure their wellbeing and happiness?

Estate Planning:

- How will my loved one pay for their care? What financial options are available to them? Do they qualify for insurance?
- Do they have assets? Are they receiving income/have debts?
- What legal documents are important for them to have in order? Can I help put these documents in place? If already in order, where can I find these documents?

Being Prepared:

- What are some warning signs of an oncoming medical emergency?
- Who will be the primary physician?
- What are the benefits of having a caregiver?
- Is there support available for me too?



Idaho Estate Planning

