BC WOMEN'S HOSPITAL+ HEALTH CENTRE
Provincial Health Services Authority

# Discharge Planning Road Map

## 1 Review Goals

I will meet with the members of my baby's Complex Care Team, ask questions, and learn what their roles are and how we can work together toward my baby's discharge.

## 2 Information Gathering

The Complex Care Team will learn about my home and family to find out what kind of support and learning I will need. I will meet with my social worker and/or psychologist throughout my stay.

## 3 Applications

I will meet with my Discharge Planning Coordinator and work with them to complete the necessary applications for support in the community.

## 4 Ladybug Routine

I will learn about the routines in the Ladybug pod (Rounds, Music Therapy, Education Sessions) and work together with the Complex Care Team to set goals for my baby's care and my preparation for discharge.

## 5 Education

The Complex Care Team and I will work together to develop a training plan to prepare me to bring my baby home.

## 6 Care By Parent

Once I complete my training, I will complete Care By Parent, a period where I will stay at the hospital and care for my baby independently.

## 7 Discharge Planning Meeting

After my Care By Parent, I will meet with the Complex Care Team and my community supports to discuss my baby's progress and plan for discharge home. This is a great opportunity to reflect on my Care By Parent experience.

## 8 Home Sweet Home!

## 9 Follow Up

My Discharge Planning Coordinator will provide me with a list of key contacts and appointments for my baby's follow-up in the community.