Joint Replacement: Planning for your return home
Disclaimer
This is general information developed by The Ottawa Hospital. It is not intended to replace the advice of a qualified healthcare provider. Please consult your healthcare provider who will be able to determine the appropriateness of the information for your specific situation.
Prior to admission into the hospital, you should discuss and plan the following with your support network.

**Transportation**

You will need to discuss with your surgeon and insurance company when you can start driving.

- Who will drive you home from the hospital?
- Who will drive you to your appointments? (e.g. physiotherapy)
- Do you need Para-Transpo? (e.g. physiotherapy)

**Meals**

- Can someone pick up your groceries?
- Does your grocery store deliver?
- Do you need to prepare and freeze meals prior to surgery?
- Do you have canned food/non-perishable items?
- Do you need Meals-on-wheels?
• Is your kitchen set up to be accessible for you and your mobility aid? Are all items at an accessible height (i.e. between shoulder/hip)?

**Equipment**

• Where can you purchase or rent equipment (such as walking aids and bathroom aids)?
• Does your private insurance cover the cost of your rental or purchase?
• Can someone pick up your equipment while you are in hospital or do you need it delivered?
• Do you have a sturdy chair with armrests at home?

**Out-patient Physiotherapy**

Your surgeon and physiotherapist will discuss with you when you can start out-patient physiotherapy.
• Where will you go for physiotherapy when you leave the hospital? (e.g. Riverside Out-patient vs. Private Clinic)
• Does your private insurance cover physiotherapy and to what extent?

**Homemaking**

• Do you have someone to help you with indoor (e.g. vacuuming, laundry, etc.) and outdoor (e.g. lawn care, snow removal, etc.) chores or do you need private services?

**Other**

• Have you packed your “Hip/Knee Patient Information Booklet” in your overnight bag?

**Notes**