

AAA Discharge Planning *LEAVING* checklist for people with aphasia

This document was developed by the **Australian Aphasia Association** to help summarise considerations for safe and appropriate discharge from hospital for people with aphasia. ***It was originally a response to the COVID-19 pandemic.*** We recognised that people with aphasia were leaving hospital quickly after stroke at this time, and if going home, were likely to be staying indoors, potentially more isolated than usual, and reliant on online contact with others. Such circumstances may be particularly difficult for people with aphasia to negotiate and they may compound the social isolation that is already problematic for people with aphasia.

This document introduces the **AAA Discharge Planning *LEAVING* checklist**. Many factors will influence your discussions about discharge planning. At this time, we are particularly concerned about people who are isolated or who need supports to get online or communicate remotely.

- Is hospital discharge to a home environment with a family member?
- Is hospital discharge to a home where the person with aphasia lives alone?
- Is hospital discharge to a residential care facility?

We have based this checklist on published guidelines, publications, and consultation with clinicians (see p.4 for a few references and links). This checklist will be useful for team members involved in discharge planning for people with aphasia, including:

- speech pathologists/speech-language therapists, occupational therapists, nurses and social workers.

This checklist may be used and copied freely.

The last page (p.5) is our **AAA *LEAVING* Topic Sheet for people with aphasia** to take with them at discharge from hospital. This is to help planning and support discussion. Please personalise this to suit their particular needs.

Australian Aphasia Association Executive Board

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LEAVING stands for:

LISTEN to people’s concerns
EDUcate people and families
ACCESs to information and support
VALIDATE that people understand and can manage the plan
INFORMATION TECHNOLOGY access and use
NAVIGATE the health and social care system
GOALS for when people leave hospital.

We explain each of these sections in the checklist below and give prompts and examples of questions to ask people with aphasia and family members. You can personalise your discussions to your individual patients and families as needed.





[Stick label here]

Name
Age
Hospital ID

Level of aphasia severity [*please indicate*: mild, moderate, severe]

Proposed discharge date

Proposed discharge destination [*please indicate*: home alone, home with spouse/carer/family member, residential care, further residential rehabilitation, other situation]

Contact details for family/carers at discharge destination

MDT considerations

	Example prompts for questions to ask	Comments and actions	Yes	No
<p>Listening: The clinician can listen to the person's concerns, and those of the family, and respond to them.</p> <p>Accessible, supported discussions should happen prior to discharge.</p>	Is anything worrying the person (and family, if present) about going home or follow-up?			
	Does the person believe they can manage ADLs?			
	Is the person confident about their friendship/family networks and supports?			
	Is the person anxious about COVID-19?			
	Are there any other questions?			
<p>Education:</p> <p>What needs to happen to educate the person about stroke, aphasia, and other issues resulting from the stroke?</p> <p>Does the family have educational material about stroke, aphasia and communication strategies?</p>	Does the person need education about the: <ul style="list-style-type: none"> situation with COVID-19? rules on physical distancing? need to stay at home? 			
	Does the person understand their aphasia?			
	Does the person know about community aphasia groups, online aphasia groups and organisations?			
	Does the person know about ongoing rehabilitation services?			
	Does the person understand their other stroke-related issues and medication plan?			
Does the person understand secondary stroke prevention and lifestyle adaptations?				

	Example prompts for questions to ask	Comments and actions	Yes	No
<p>Accessibility to information and support:</p> <p>Does the person have accessible, aphasia-friendly information and supports?</p>	Does the person have access to an effective communication channel or compensations – verbal, written, drawing?			
	Does the person have accessible written information on aphasia? <ul style="list-style-type: none"> • Leaflets • Aphasia guide • <i>I have aphasia</i> card 			
	Does the person have accessible material on COVID-19? Can they access resources on this?*			
	Can the person understand and access the daily news/ updates?			
	Can the person access emergency assistance?			
	Any other access concerns?			
<p>Validation:</p> <p>Can you show that the person and family have understood and will be able to act as you have discussed?</p>	Are there follow-up services in place for the person?			
	Has the person <i>demonstrated</i> device use (phone, tablet, computer) while in hospital?			
	Has the person had a home visit with OT clearance?			
<p>Information Technology considerations:</p> <p>Check if the person has the equipment at home and the knowledge to use it at this time.</p> <p>Is there a family member who is able to use IT?</p> <p>Can the person get assistance if the IT breaks down?</p> <p>Is there reliable internet at home? Is there someone around to help with this?</p>	Are there devices at home? <ul style="list-style-type: none"> • computer • tablet (iPad or android) • smartphone (iPhone/android) 			
	Does the person have the ability to use their <i>preferred</i> IT options to contact other people? <ul style="list-style-type: none"> • Phone • Email • Videoconferencing • Facebook 			
	Can the person use online shopping if needed? <ul style="list-style-type: none"> • Find the sites they want • Generate their items • Pay for the items 			
	Can the person access websites (such as AAA or Stroke Foundation) or useful apps?			
	Does the person have assistance if the internet fails or there is a problem with the service?			



	Example prompts for questions to ask	Comments and actions	Yes	No
Navigating the system: Is the person or family able to navigate bureaucratic systems (eg. NDIS, health insurance, Centrelink)?	Could the person access their GP through phone or email?			
	Could the person manage medications, get a prescription?			
	Could the person manage NDIS or Centrelink services?			
	Can the person keep up to date on changes with COVID-19?			
Goals for the person at discharge: Immediate goals? Longer-term goals while COVID-19 remains?	What does the person want to do when they get home?			
	What ongoing therapy or social care services do they want?			
	Can they use home practice apps/programs while waiting?			
	Do they feel comfortable with telehealth delivery when they go home?			

References

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* Resources and websites

- Australian Aphasia Association:**
<https://aphasia.org.au/>
- Aphasia CRE Resources on COVID-19**
<https://www.latrobe.edu.au/research/centres/health/aphasia/resources>
- Aphasia Best Practice Statement: Australian Aphasia Rehabilitation Pathway**
<http://www.aphasiapathway.com.au/?name>About-the-statements>
- Aphasia United Best Practice Recommendations**
<http://www.aphasiaunited.org/wp-content/uploads/2016/05/English-Aphasia-United-Best-Practices-Recommendations1.pdf>
- Aphasia TechRamps**
<https://www.facebook.com/groups/2998245176899408/>
- Speech Pathology Australia Telepractice Resources**
https://www.speechpathologyaustralia.org.au/SPAweb/Resources_for_Speech_Pathologists/Professional_Resources/HTML/Telepractice_Resources
- Tavistock Trust for Aphasia Software Finder**
<https://www.aphasiasoftwarefinder.org/>



NAME:

DATE WHEN LEAVING HOSPITAL:



FINANCIAL

- Pension
- Banking
- Online payments
- Welfare payments

DAILY TASKS

- Self-care
- Meals
- Housework
- Carers and home services
- Keeping busy and active

PEOPLE

Family/friends

Health staff and follow-up:

- My speech pathologist
- My occupational therapist
- My physiotherapist
- My GP

THERAPY and RECOVERY

Therapy practice to do at home

Telehealth

- Outpatient therapy
- Private therapy

Return to work program

Volunteering

STAYING SAFE with COVID-19

- Staying at home
- Washing hands with soap
- Physical distancing
- Keeping up to date/being informed

SOCIAL and LEISURE

Connecting with family and friends by phone or online

- Hobbies, garden, TV, music
- Meeting people online
 - Friends
 - clubs
 - religious groups
- Stroke and aphasia groups online

TECHNOLOGY

Using my phone

Internet access

Using my computer/iPad

- E-mail
- Skype
- Zoom
- Apps
- Websites

Australian Aphasia Association:
<https://aphasia.org.au/>

Stroke Foundation Enable Me:
<https://enableme.org.au/>

