The Horder Centre
HORDER HEALTHCARE

Family Surgery Preparation Checklist

Use our practical checklist to help your family prepare for a smoother recovery at home:

- ☐ Arrange transport home from hospital
- ☐ Plan meals and grocery deliveries
- ☐ Organise childcare, school runs or pet care
- ☐ Prepare the home and everyday essentials
- ☐ Review medication instructions and reminders
- ☐ Arrange help with household tasks
- ☐ Discuss appointments and rehabilitation support
- ☐ Agree who to contact if concerns arise
- ☐ Plan breaks and support for family carers