

Home care in Melbourne: the family checklist

A complete working checklist covering hospital discharge, room by room home safety, and local Melbourne care pricing.

Part 1: Leaving hospital safely (16 checks)

Review these essential checks before departure to ensure medical routines and home support are established.

Hospital discharge paperwork

Essential documentation before leaving the ward.

- ☐ **A written discharge summary**
Diagnosis, treatment received, warning signs, and contact numbers.
- ☐ **An up to date medication list**
New, discontinued, and changed medicines with exact dosages.
- ☐ **Prescriptions for any new medicines**
Confirm your local pharmacy is open before departing.
- ☐ **Follow up appointments booked**
Confirmed dates, times, and contact numbers for cancellations.
- ☐ **Pathology or imaging results**
Documenting where copies were forwarded.

Clinical care at home

Medical routines that continue after hospital.

- ☐ **A written wound or catheter plan**
Who changes dressings, frequency, and infection signs.
- ☐ **Confirmed referral for district or private nursing**
Verified with the nursing organisation, not assumed.
- ☐ **Mobility equipment delivered and checked**
Shower stool, walker, commode, or hospital bed on site.
- ☐ **Medication management plan in place**
Clear agreement on who packs and administers tablets.
- ☐ **Allergies and drug sensitivities clearly documented**
Visible to family and visiting carers.

Home environment and recovery support

Practical arrangements for the first week at home.

- ☐ **Safe transport arranged for discharge**
Accompanied by a family member or support worker with house keys.
- ☐ **Nutritious groceries in the house**
Prepared meals and staple food for at least three days.
- ☐ **Personal care support rostered**
Assistance scheduled for showering and dressing during the first week.
- ☐ **Clear, unobstructed paths throughout the house**
Rugs removed and walkways cleared between bed and bathroom.
- ☐ **Someone staying overnight if mobility is fragile**
Pre arranged family support or overnight assistance.
- ☐ **A check in plan for the first two days**
Agreed times for daily calls or visits from family.

Part 2: Room by room home safety (22 checks)

Most falls are preventable. Walk through each space and address hazards in order of safety priority.

Bathroom safety

The highest fall risk room in the house.

- ☐ **Grab rails professionally installed**
Firm rails fitted beside the toilet and inside the shower recess.
- ☐ **Non slip floor treatment or mats**
Secure mats that cannot slide when stepping out of water.
- ☐ **Stable shower chair or stool**
Enabling seated bathing to conserve energy and prevent slips.
- ☐ **Handheld shower hose fitted**
Allowing convenient washing while seated comfortably.
- ☐ **Hot water delivery temperature limited**
Preventing accidental scalds where temperature sensation is reduced.
- ☐ **External emergency door unlock**
Bathroom locks that can be opened from the outside if needed.

Bedroom and night time route

Safety during evening and night waking.

- ☐ **Bedside lamp within arms reach**
A clear switch that is easy to find in the dark, plus a bedside torch.
- ☐ **Clear pathway between bed and toilet**
Zero furniture, extension cords, or clutter obstructing the walk.
- ☐ **Motion sensor night lights**
Gentle lighting in hallways and bathrooms to guide night time visits.
- ☐ **Bed at a safe ergonomic height**
Feet touching the floor flat with knees resting at ninety degrees.
- ☐ **Zero curled rug edges or loose floor mats**
Mats removed or taped down securely with carpet tape.

Kitchen and living spaces

Supporting safe, independent daily tasks.

- ☐ **Daily items kept between waist and shoulder height**
Avoiding stretching overhead or bending to the floor.
- ☐ **Sturdy step stool or no climbing at all**
Never standing on dining chairs to access high shelves.
- ☐ **Electrical cords routed behind furniture**
No cords stretching across doorways or walking paths.
- ☐ **Bright task lighting over kitchen worktops**
Clear visibility for safe cutting and food preparation.
- ☐ **Clutter free flooring throughout**
Wide paths maintained between all primary living spaces.

Entrances and steps

Moving safely between outdoors and indoors.

- ☐ **Sturdy handrails on all outdoor steps**
Firm rails installed on at least one side of every step.
- ☐ **High contrast strips on step edges**
Clear visual cues for eyes adjusting between light and shade.
- ☐ **Bright outdoor lighting at doorways**
Illuminating front and back door locks and pathway steps.
- ☐ **Even outdoor paths with zero moss or cracks**
Prompt repair of broken pavers or slippery pathways.
- ☐ **External key safe fitted with secure code**
Ensuring trusted emergency access without hidden door keys.
- ☐ **Emergency contacts and phone within easy reach**
A mobile phone or alarm pendant accessible at all times.

Part 3: Melbourne home care price guide

Transparent starting rates for Living Well At Home services across metropolitan Melbourne.

Care service	Starting rate
Personal care (showering, dressing, grooming)	From \$85 per hour
Domestic assistance (cleaning, laundry, chores)	From \$83 per hour
Gardening and yard maintenance	From \$85 per hour
Meal preparation in your kitchen	From \$82 per hour
Shopping and community errands	From \$83 per hour
Social work support and applications	From \$163 per hour
Transport to appointments and activities	From \$40 per trip
Nursing care at home (wound and catheter care)	From \$125 per hour
Registered nurse clinical care	From \$144 per hour

About these rates

All rates represent published starting rates. Services can be funded privately, through an approved My Aged Care package, or via self managed or plan managed NDIS funding.

Questions or need care arranged?

We are happy to talk through your family situation, with no pressure. Call us on **0426 533 700** or email **livingwellathome.au@gmail.com**.