

Better understanding the risks

What is important to know

Discussing your return to your living environment together with your care team and loved ones.

“Nothing bad can happen while I’m in the hospital or a long-term care facility.”

There’s no such thing as zero risk, regardless of where you are.

What to know

Even in a care setting, things can happen, such as:

- a fall
- a lack of sleep
- a loss of strength
- confusion

“It’s always more dangerous to be at home than in the hospital.”

The risks are different, not necessarily greater. Returning home can help maintain your independence, familiar routines and surroundings, and quality of life.

What to know

Being at home may involve risks, but it can also have benefits:

- It’s a familiar and reassuring environment.
- You can make changes to meet your needs.
- You can get back to some of your routines and activities.



“If there are still risks, it means I’m not ready to leave the hospital.”

Being “ready” doesn’t mean that there’s no risk at all. You can leave the hospital even when risks remain, as long as they have been identified, discussed, and support is in place.

What to know

There will always be some risks, even if you stay in hospital. What’s important is to:

- know what the risks are
- discuss them
- keep them as low as possible

“The more protected I am, the safer I am.”

Moving around and doing some things on your own can help you stay active and improve your strength.

What to know

Too much protection can sometimes:

- decrease your strength
- lower your confidence in yourself and your abilities
- make it harder to move around
- reduce your independence
- increase risks over the long term

“Taking a risk means being reckless.”

Sometimes, doing nothing at all can be riskier.

What to know

Taking some risks with support can have benefits. For example, depending on the situation:

- Getting up and walking can help you maintain your strength.
- Staying active and taking care of yourself can help you remain independent.

“The longer I stay in the hospital, the better off I am.”

Going home can also help you feel better and recover.

What to know

Staying in the hospital for a long time can sometimes affect your memory, independence, or emotional well-being. When possible, going home with support can help you:

- recover
- feel better emotionally
- improve your quality of life

“If I fall or something happens after I leave the hospital, it means the decision was wrong.”

A fall or an incident doesn't necessarily mean the decision was wrong.

What to know

An incident can happen even when the right decision was made. What's important is to:

- talk about the risks ahead of time
- know what to do if the situation changes
- be able to adjust support quickly

Decisions about going home are made by considering both the risks and benefits, as well as each person's unique situation.