

GETTING THERE AND HOME

A transport and appointment plan for days when being late, rushed, or stranded is the last thing you need

Why this plan exists

Getting to an appointment can become a major source of stress when you are tired, in pain, unable to drive, worried about infection, or depending on someone who does not live with you.

This sheet gives the journey the same attention as the appointment itself.

Appointment details

Date

Appointment time

Hospital or clinic

Department

Expected duration

Check-in instructions

My journey there

Who is taking me?

Collection time

Where will they collect me?

Driver's phone number

Parking or drop-off plan

Mobility help needed?

What could cause delay?

My journey home

Who is bringing me home?

How will I contact them?

Where will they meet me?

What if the appointment runs late?

Backup transport option

Who has a spare key?

Things the driver should know

- | | |
|---|---------------------------------------|
| ■ I may be too tired to talk | ■ I may need help getting to the door |
| ■ I may need to stop on the way | ■ I may feel sick or uncomfortable |
| ■ I may be delayed | ■ Please do not rush me |
| ■ Please do not drop me far from the entrance | ■ I may need help carrying things |

A message I can send

Thank you for helping with this appointment. I may be tired, anxious, sore, or delayed. What will help most is knowing I will not be rushed and that you can get me safely to the door and home again.

Backup plan

If my driver cannot come

Taxi or transport number

Hospital transport contact

Person I can call

What I will do if delayed

Before leaving home

- Phone charged
- Hospital address saved
- Appointment letter packed
- Water or snack packed if allowed
- Backup contact informed
- Driver confirmed
- Parking checked
- Medication list packed
- Warm layer packed
- Return plan confirmed

Notes for this journey

One final reminder

Reliable transport is not a small detail. It can decide whether an already difficult day feels manageable or chaotic.

A note about safety

This planning sheet is not medical advice. Always follow the advice of your medical team. If symptoms are severe, sudden, frightening, or worsening, contact your medical team, out-of-hours service, emergency department, or local emergency number. Do not wait for the next routine appointment if something feels urgent.

**The appointment takes an hour.
The waiting takes everything else.**

Version 1.0 | Free Support Library | Not medical advice