

Taking Care of Myself: A Guide for When I Leave the Hospital.

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<https://psnet.ahrq.gov/issue/taking-care-myself-guide-when-i-leave-hospital>

This guide provides patients with information they need to care for themselves after leaving the hospital. The tool was developed based on findings from the AHRQ-funded initiative [Project RED](#) (Re-Engineered Discharge), which showed that patient-centered discharge planning can improve patient safety and reduce re-hospitalization rates.