

---

# Hospital stay

## Tips to prepare for a hospital stay

You should plan hospital stays carefully, and be well prepared for an emergency. Particularly demanding is the situation for parents whose children must be hospitalised.

---

### Children in the hospital

Whether planned or in the event of an emergency, a hospital stay is stressful for the child as well as for the whole family. Here are some tips which have proven their worth in practice.

**1. Speak with your child about accidents, illness and the hospital.**

Providing information helps your child to understand what to expect in the hospital. Adapt the information according to the age of the child. There are numerous books that help to alleviate fears.

**2. Accompany your child during hospital admission.**

Hospital admission is associated with uncertainties and questions for every child. The unknown and foreign world of the hospital confuses many children. They are afraid of pain. Separation from the parents has an impact which is equally burdening. With DIVERSA<sup>care</sup> and DIVERSA<sup>premium</sup> Supplementary Insurances, you are allowed to accompany your child in the hospital – even overnight. If that is not possible, give your child his/her favourite cuddly toy to take to the hospital.

**3. Visits cheer up children.**

For children of every age, it is important to receive regular visits. For long stays in the hospital, your child will also miss his/her friends in addition to the family. Try to organise it so that not all friends will visit at one time.

---

### Adults in the hospital

**1. Inform your relatives and employer.**

Think about who has to know everything about your stay. Family? Employer? Neighbour? Family doctor? Insurance provider?

**2. Hospital insurance and deciding on the ward**

Find out before the stay if you have private, semiprivate or general insurance. If need be, it makes sense to adapt the ward to your desire. For example, if you would like to stay in a one or two bed room in order to have more rest and privacy.

**3. Post and e-mail**

In the event of a longer stay in the hospital, it is advisable to have the post held back or rerouted. Furthermore, it makes sense to set an automatic absence message on one's own e-mail account.

**4. Have someone care for your pets**

Make sure that the care of your animals will be taken over by neighbours, family members or friends.

**5. Prepare yourself well for the hospital admission**

Submit all documents that could be of importance (medical reports, medication list, allergy documents, x-ray images, etc.) upon hospital admission. During the process of patient admission, have a valid identity card, the referral form from your doctor, and your insurance card with you.