

RETURNING HOME

From The Hospital or Rehab

A Guide to Your Loved One's Safe Transition Home



INTRODUCTION

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Navigating The Transition Back Home

Having a loved one admitted to a hospital or facility, can be overwhelming, but we're here to help. It's important to have a clear plan for their return home during their hospital stay for a successful recovery.

The time to start planning is now. It may seem difficult to divert your attention to other areas, but taking the proper preparations can make a big difference and may help reduce the chances of your loved one being readmitted.

This information-packed guide will help you prepare for their discharge and a smooth transition back home.

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PLANNING FOR DISCHARGE

A Few Things You Need To Know

Preparing for discharge day may feel difficult, but with a little help from the healthcare staff, our home care agency and this guide, you'll be in good hands.

Social workers, nurses, case managers and discharge planners are a great resources for families. Don't be afraid to ask them questions and/or advice that will help you better prepare for the transition and continuation of care at home.

Questions You Can Ask

- Will my loved one need support for activities of daily living? If so, what are they?
- What will my loved one's insurance cover? What does Medicare cover?
- How do I set up durable power of attorney?
- What type of equipment will my loved one need at home? (if any)
- Where can I find the equipment being recommended? (if any)
- Can I request a copy of the care plan?
- What day and time will my loved one be discharged?



Our Role In The Discharge Process: As your chosen home care provider, we work closely with the point of contact at the hospital or rehab center and play a role in helping facilitate a smooth transition for your family from hospital or rehab to home.

This includes;

- Collaborating with the hospital or rehab on discharge process
- Developing your loved one's personalized service plan
- Training and placing your caregiver upon returning home
- Maintaining ongoing communication and support for your family



THE CONTINUUM OF CARE

How The Care Continues At Home

Home Health vs Home Care: During preparations for your loved one's plans to return home, you will likely be discharged with recommendations for arranging both home health care and home care services as a means of supplementing their care.

Here are the key differences:

Home Health Care: (3rd Party Agency)

Licensed medical professionals, including physical therapists, occupational therapists, and registered nurses, offer this form of care, commonly known as "skilled nursing care."

A doctor's prescription is necessary to receive such care, which is usually of limited duration and covered by Medicare and/or health insurance.

Non-Medical Home Care: (Our Services)

This is a form of homemaker companion services such as personal care, homemaker, transportation or companionship services provided by professional caregivers focuses on their in-home needs.

Caregivers provide the client with real time daily support with all activities of daily living to ensure your loved one's safety and wellbeing. Services can continue as long as they are needed and are generally most popular as many seniors prefer to age in place at home.



Non Medical In-Home Care:

- ✓ Families have control of length of care
- ✓ Hourly, Live-In and 24 Hour Care available
- ✓ Meal prep, nutrition and sleep monitoring
- ✓ Aging in place safely with the goal to prevent displacement from home
- ✓ Private pay or long term care insurance
- ✓ Approved with state programs such as CHCPE, MFP, SWACCA, etc.

Home Health Care/Skilled Nursing Visits:

- ✓ Aide visits 1-2 x a week for 1hr for hands on care only
- ✓ Hours covered under Medicare/Medicaid
- ✓ Covers physical, occupational and speech therapy
- ✓ Wound care, injections and medication assistance
- ✓ Assessments done by visiting nurse
- ✓ Physical/occupational therapy for 45 min. - 1 hr, 2-3x per week (typically for 2 weeks)

HOME SAFETY PREPARATIONS

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Important Things You Can Do Now

Ensuring home safety is crucial for every older adult, but it becomes especially urgent when a recuperating individual returns from a hospital or facility.

Take the time to evaluate the layout of your loved one's home and identify potential ways of mitigating risks to promote a safe living environment for the elderly adult.

Consider These Tips

Clear Pathways and Remove Hazards

Ensure that pathways throughout the home are free of clutter and obstacles. Remove any loose rugs, cords, or objects that may pose a tripping hazard, making it easier for your loved one to move around safely.

Install Handrails and Grab Bars

Adding handrails and grab bars in strategic locations like bathrooms, hallways, and staircases offers essential support and stability, significantly improving your loved one's safety by minimizing the chances of slipping or falling and granting them more independence and assurance in their daily movements.

Adapt Bathroom Accessibility

Equip the bathroom with senior-friendly features such as a raised toilet seat, non-slip mats, and a shower chair or bench. These adjustments enhance bathroom safety, reducing the likelihood of slips and falls.

Organize Essential Items

Arrange frequently used items within easy reach, avoiding the need to climb or bend over. Keep important documents, emergency contact information, and medications well-organized and readily accessible.

Devices and Equipment: Your loved one may be using them already, but it's possible that upon being discharged doctors and hospital staff may also recommend the use of durable medical equipment items at home such as;

- Wheelchair
- Hospital Bed
- Walker or Cane
- Shower Chair/Bench
- Commode
- Grab Bars
- Colostomy Bags
- Oxygen Tank/Mask
- Hoyer Lift
- Railings
- Ramps
- Medications

ONGOING SUPPORT AT HOME

This Is Where We Come In To Help

The ongoing care and support your loved one receives after returning home is important, so is the ability to monitor and document their progress or wellbeing.

A combination of oversight from the family and the caregiver will help ensure your loved one has all the support they need with their activities of daily living.

How Your Caregiver Provides Support

Every client's needs are unique, so we personalize your service plan to adapt to the level of support needed. Our caregivers provide support with items such as:



Fall Prevention



Meal Preparation



Medication Reminders



Light Housekeeping



Mobility Assistance & Transfers



Toileting and Incontinence



Bathing/Grooming/Dressing



Companionship and More...



Documentation Is Important: The Service Plan Binder that we provide clients with is an essential tool for you and the caregiver to track daily activities and trends during your loved one's time on service.

Your Service Plan Binder contains items such as;

- Sleep Logs and Daily Activity Logs
- Caregiver Time-sheets and Educational Resources
- Policies and a Copy of Your Service Plan Agreement
- Company Contact Directory and More



CONCLUSION

Don't Worry, You've Got This

Congratulations, you now have the tools and resources you need to plan for your loved one's smooth and seamless return home.

We hope that you found the tips in this guide helpful and informative. We look forward to supporting your family with ongoing quality caregiver services upon returning home.

Haven't Scheduled a Caregiver Yet?



If you've yet to arrange care or are still weighing your options, there's still time!

Contact us to speak with a dedicated HomeCare Coordinator to explore your options and create a personalized service plan that keeps your loved one safely supported at home by a background-checked and insured caregiver from The HomeAides.

Call or Book Online Today!

📞 CT: 860.920.5800

📞 MA: 617.207.9827

🌐 [thehomeaides.com](https://www.thehomeaides.com)

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