

POST HOSPITAL DISCHARGE PLANNING GUIDE FOR FAMILIES

As the time approaches for your loved one's discharge from the hospital, use this checklist to understand and prepare for each step involved in that upcoming transition.

Meet With the Hospital Discharge Planner

- Take steps to schedule this meeting as soon as possible.
- They will help organize your loved ones' condition and explain concerns like medications and insurance coverage.

Review the Discharge Plan

- The discharge planner will provide you with an evaluation of your loved ones' condition, explaining how they're doing and what kind of care they'll need.
- The plan will allow you to determine the next step for your loved one. This is usually a **post acute care facility** or **care at home**. Both can provide the necessary care and rehab.
- A discharge planner can provide referrals to facilities or organizations that can accommodate the necessary **post hospital care**.
- You will be able to make a plan for transfer to the next facility, or receive instructions for care at home.
- Review and/or determine the timeline for follow-up medical appointments and tests.

Understand Insurance Coverage

- Find out which post hospital services **payor sources**, such as Medicare, Medicaid, and/or private insurance, will cover.
- Determine **how to pay** for out-of-pocket costs.

Reach Out to Post Hospital Care

- If your loved one is going into a care facility, connect with an admissions coordinator as soon as possible.
- Request assistance negotiating insurance coverage.
- Ask how medications will be managed during the stay.
- Ask the facility how you can make your parent's stay more comfortable, such as bringing familiar items from home.

Prepare for the Return Home

- If your loved one is headed home, fully understand their post-care needs.
- Arrange in-home services if necessary.
- Obtain necessary equipment such as a hospital bed, walker, or rehab equipment.
- Get training on any assistance you'll need to provide to your loved one.