

Leaving the Hospital- Now What?



Scott Michaels

Home Care Assistance

33790 Bainbridge Road, Solon

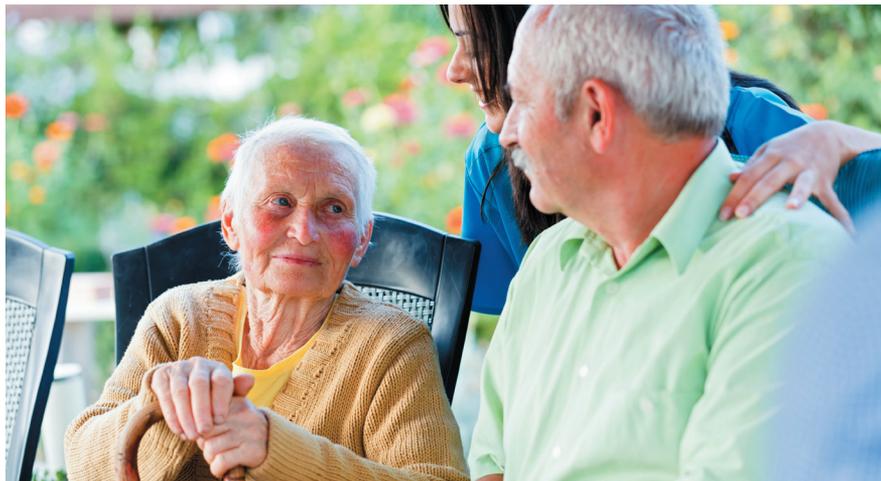
440.332.0170

smichaels@homecareassistance.com

HomeCareAssistanceCleveland.com

You've just spent some time in the hospital recuperating. Maybe you've had surgery or suffered injury in an accident. Now that you're leaving the hospital, you need to make decisions regarding your recovery and rehabilitation. Our hope is that this article will equip you with information that enables you to make informed and appropriate decisions about your post-hospital care.

First, start planning early. Don't wait until the day before, or day of, your discharge. You need time to adequately consider your options. This requires that you be an active participant in managing your care and making decisions. This is critical.



Typically the first decision requires a choice between either going home for recovery and rehabilitation or going to a rehabilitation facility. This requires a strong reality check - be honest with yourself. Each option has advantages and disadvantages. Most important is to determine which option will best support and enhance your recovery process.

To make this decision, enlist the aid of your current support team, including your family, caregivers, medical professionals, social worker, therapists, and/or discharge planner. This multi-person team approach will provide the necessary input, insights and observations to your unique medical situation and the best avenue to recovery and rehabilitation.

Obtain a written discharge plan from the hospital that addresses your post-hospital needs and recovery recommendations. Ensure that your team has reviewed and understands the plan. Ideally, your team will have reached a consensus about implementing the plan. Ask questions. Lots of questions. Ensure that you clearly understand the plan's recommendations, the medicines prescribed and next steps. Keep this plan with you and take it with you to all subsequent medical appointments.

If you go directly to a rehabilitation facility from the hospital, the doctors at the rehabilitation facility will then be in charge of your medical care. Communication and coordination of

your care is absolutely crucial. This only occurs if you and/or your support team actively manage your care in accordance with your discharge plan.

When you do go home, either directly or after being in a rehabilitation facility, perform a thorough review of the resources needed to continue a successful recovery. Do you need a cane, a walker, a wheel chair? Do you need assistance with personal care? Can you drive? Who will help you with any recommended therapy? What about your medicines? Are you clear on when medicines should be taken, with food, without food, frequency, etc.?

All of us guard our independence, and want to recover as fast as possible. Above all, guard and preserve your safety. Follow your medical professionals' and team's recommendations to ensure a full and complete recovery.

At Home Care Assistance, we are committed to the wellbeing and safety of the clients we are privileged to serve. Health and wellness professionals know that the transition from hospital to either your home or a rehabilitation facility can be a challenging one for patients and their families. One of the leading causes of hospital readmission or slow post-hospitalization recovery is the lack of proper support immediately following a hospital discharge. Please feel free to call us and discuss how we may support your recovery and rehabilitation.