Our mission at Home Care Assistance is to change the way the world ages. We provide older adults with quality care that enables them to live happier, healthier lives at home. Our services are distinguished by the caliber of our caregivers, the responsiveness of our staff and our expertise in daily care. We embrace a positive, balanced approach to aging centered on the evolving needs of older adults.

- **Daily Care Experts.** We specialize in around the clock care to help seniors live well at home.
- **Available 24/7.** Care managers are on call for clients and their families, even during nights and weekends.
- **High Caliber Caregivers.** We hire only 1 in 25 applicants and provide ongoing training and supervision.
- **Balanced Care.** Our unique approach to care promotes healthy mind, body and spirit.
- **Cognitive Therapeutics.** Our proprietary cognitive stimulation program addresses cognitive decline, building on our expertise in brain health.
- **No Long Term Contracts.** Use our services only as long as you’re 100% satisfied.
- **A Trusted Partner.** We’re honored to be Preferred Providers for professionals in both the medical and senior communities.
- **Peace of Mind.** Independent industry surveys place our client satisfaction rate at 97%.

This guide is brought to you by Home Care Assistance, the leading experts in post-hospitalization care. Visit [www.HospitaltoHomeCare.com](http://www.HospitaltoHomeCare.com) and [www.HomeCareAssistance.com](http://www.HomeCareAssistance.com) to learn more about our services and find resources for your post-hospitalization needs.
A Customized Post-Hospitalization Care Plan

One of the leading causes of hospital readmission or slow post-hospitalization recovery is the lack of proper support following a hospital discharge. Whether you are transitioning directly home after a hospitalization or moving through the care continuum via a rehabilitation or medical care facility, in-home care is a key resource for a safe and successful recovery process.

Home Care Assistance, the leading expert in post-hospitalization care, literally wrote the book on transitioning home from the hospital. From Hospital to Home Care: A Step by Step Guide to Providing Care to Patients Post-Hospitalization provides a comprehensive overview of the challenges and resources associated with each step in the transition from hospital to home: the discharge process from the hospital, common issues associated with specific medical conditions, the unique needs of post-hospitalization patients and the importance of home care in patient outcomes and quality of life.

The following tips from the book can help patients and their families plan effectively for discharge and recovery:

- Understand your care options prior to discharge. If you prefer to recover at home, make your feelings known to the discharge team.
- Write a list of your prescription drugs, over-the-counter drugs, supplements and vitamins, including your regular dosage and medication times. Make sure the medical team is aware of any drugs you were taking prior to hospitalization to prevent unintended complications.
- Obtain a list of home medical equipment, such as a walker or hospital bed, to facilitate your recovery at home. You should plan to acquire and install this equipment prior to discharge.
- If you require regular therapy, testing or medical check-ups, write down a schedule of your appointments, including contact information for each.
- Ask the staff to demonstrate any tasks that require special skills, such as changing a bandage.
- Ask your discharge team about common problems for patients with your health condition, what you can do to reduce your risk and what you should do in the event of emergency.
- Understand your physical limitations and areas where you need support. For example, you may have mobility issues after discharge that will prevent you from safely walking around the house or running errands.
- Ask to speak with a social worker if you have concerns about coping with your illness. A social worker can provide you and your family with information on managing your illness, support groups and other resources.
- Request written discharge instructions and a summary of your current health status. Bring this information and your medication list with you to any follow-up medical appointments and memory exercises such as keeping an activity notebook can improve cognitive function.

Transition Home™ Package

Home Care Assistance’s Transition Home™ Package helps families manage the discharge process, provides a seamless transition home and promotes effective rehabilitation at home. The package includes:

- A consultation and personalized Care Plan developed over the telephone or in person, based on your preference.
- An expertly trained caregiver who will meet you and your family in the hospital, in the facility or at home to support the critical initial transition.
- Support with home safety needs, including recommendations about equipment and home safety modifications to support your recovery.
- Ongoing support with errands, grocery shopping, prescription pick-up, housekeeping and other physical activities that may be too challenging for a recently discharged patient.
- Physical assistance with activities of daily living including mobility, bathing and grooming, eating and transferring tailored to the patient’s needs.
- Meal preparation based on our proprietary Balanced Care Method™ with an emphasis on healthy, balanced nutrition and regular caloric intake in line with the physician’s recommendations.
- Medication reminders, rehabilitation exercise prompts, physical and emotional support and companionship throughout the recovery process.
- Transportation to rehabilitation sessions, doctor appointments and personal events.
- Regular status updates from the care team, at your discretion, to designated family and friends.

The first 72 hours at home are critical for post-hospitalization patients. The patient and family must make lifestyle adjustments no matter how small. As you plan for your recovery, keep in mind that it is a gradual process. Recovery typically follows a six-step progression and can require anywhere from a few weeks to months, depending on the cause of your hospitalization. As you progress through these steps, you should constantly evaluate your own strength and confidence. You should never move on to the next step until you are ready.

1. Dependence. When you first return home after your hospitalization, your primary goals should be rest and recovery. Your caregiver is there to support you and can handle your laundry, meal preparation, errands and any other household tasks. Focus your energy on recommended therapy exercises, activities and caloric intake. Don’t be concerned if you need more help than you expected.

2. Mild Independence. When you feel stronger, you should ask your caregiver to cut back on hands-on care whenever possible. Identify tasks that you can now manage independently, such as eating or walking down the stairs, and slowly wean yourself off of care in these areas. Never compromise your safety; ask your caregiver to step in if you feel uncomfortable.

3. Supervised Independence. Over time, you should gradually increase your independence. Your caregiver should be there to assist if needed, but the caregiver’s primary role should be supervision and safety monitoring rather than direct physical assistance. Try to perform the activities of daily living – bathing, dressing, grooming, eating, walking – as independently as possible.

4. Supported Independence. Once you are comfortable with the activities of daily living, you can incorporate chores and other housework into your routine. Try a trip to the grocery store or the pharmacy accompanied by your caregiver, or join in to prepare a meal together. These steps may seem minor and incremental, they are important touchstones in your path toward a full recovery.

5. Semi-Supported Independence. In this phase, you should try to take responsibility for day-to-day tasks and return to your pre-hospitalization routine. Just remember, your caregiver is there to assist you if you need help, but try not to take advantage of that assistance unless you really need it. Some activities may be more difficult following a hospitalization, regardless of the progress in your recovery.

6. Full Independence. If you feel you can safely return to all of your regular activities without the support of a caregiver, you may consider reducing your care. Evaluate your own comfort level, especially if you are living alone or with a spouse who also requires some level of care. Remember that full independence is a long-term goal and should not be prioritized ahead of your safety.

Call us today at 1-866-454-8346 or visit HomeCareAssistance.com