

Stroke Care

Planning for Discharge



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

Your case manager and social worker will work with you and your family to prepare you for discharge from the hospital. Your care needs will be reviewed by your health care team. They will make recommendations on your length of stay and your date for discharge. **You and your family are the most important members of the team. Talk honestly with staff about your care needs.**

Things to consider

Family and caregivers are required to take part in training to learn the skills needed to provide care at home. Therapists provide training weekdays between 9 AM and 3 PM. Training by the nurses may be done in the evenings. Training can also be scheduled by appointment.

Most patients need ongoing therapy, care, and support. Your case manager and social worker will help you to explore insurance coverage for needed services. There is a lot of variation in what insurance will and will not cover. Family members may need to provide 24 hour supervision.

Service options

Depending on your care needs and whether family and friends are available to help, these options may be considered:

- **Home with outpatient therapy:** Therapy appointments outside of the home, often 2 or 3 times each week.
- **Home with home health care:** Home visits by a therapist or nurse, often 1 to 3 times each week. Most insurance providers do not cover the cost of home health aides to help with personal care activities, such as bathing and grooming.
- **Skilled nursing facility:** If more services and special therapies are needed, a stay in a nursing facility may be recommended.

Most services may require a co-payment. Talk to your insurance provider for details. Your case manager and social worker will help you find services and advocate for you to get the care you need.

Medical equipment needs

Your case manager will help you to order the equipment needed for care. Insurance providers vary as to whether they'll cover the cost of bathing equipment, commodes, raised toilet seats, and a hospital bed. Often, they will cover either a wheelchair or walker, but not both.

Comfort in talking about it

Your social worker can help you prepare how to talk with family members, friends, and others about your needs and what has happened.

Contact us

Please call your case manager or social worker if you have questions or concerns about your plans for discharge:

- **Case Manager at 614-685-9092**
- **Social Worker at 614-293-7209**

Outpatient therapy

Outpatient therapy may last months or years after the initial brain injury. The goal of therapy is to improve skills for daily living. There are many types of programs that are part of outpatient therapy.

- **Day Treatment Rehab**

Full or half day programs may be available in your area. Some programs are everyday and some are less often. During the day, the patient moves from one rehab skill set to another. For example, the morning session may focus on recreational and physical therapy while the afternoon focuses on speech and occupational therapy. Patients benefit from these programs and still get to return home at night. These programs are typically not reimbursed by private insurance or Medicare, however the Medicaid passport waivers will sometimes cover costs.

- **Neurobehavioral Programs**

These programs can be inpatient or outpatient to address behavior after a brain injury. The goal is behavior management at home, in a social setting, or at work. Behavior management is often combined with physical or occupational therapy.

Covering the costs

You are probably concerned about the cost of the services needed. The cost of services may depend on your income and insurance status. Members of the discharge team will help you explore coverage for needed services within your budget. Insurance plans vary in what they will and will not cover. Medicare, Medicaid, and private insurance may only pay for some of the costs.

Assisted living is not typically covered by private insurance or Medicare, however the Medicaid passport waivers will sometimes assist with costs.

Contact your insurance company before discharge from the hospital and before placement in any rehabilitation program or facility. Social workers, case managers, and financial counselors are available to answer questions and help those with limited or no insurance coverage.

If you have issues or concerns after you leave the hospital, please call your doctor or social worker. They can help guide you through the emotional and physical challenges of your illness. Information about community resources in your area will also be provided.

For more information call:

- Social Work at 614-293-7209
- Financial Assistance at 614-293-0860

Support groups in central Ohio

- **Ohio State's Stroke Support Group - Worthington**

Group is led by rehabilitation psychologist. Stroke survivors, family members, and friends are welcome.

Meets every Friday from 12 noon to 1 PM in the Worthington Senior Center (Griswold Center) at 777 High Street, Worthington, OH 43085.

For more information, contact Dr. Wanda McEntyre at 614-293-3830.

- **Cerebral Aneurysm and AVM Support Group**

Support for person, family, and friends affected by cerebral aneurysm or AVM.

For more information, contact Marissa DeJesus at 614-293-0689 or by email at marissa.dejesus@osumc.edu.

- **Columbus Aphasia Group**

Education and support for people dealing with aphasia.

Meets the first Friday of the month from 10 AM to 11 AM at OSU Department of Speech and Hearing Sciences, 1070 Carmack Road, Columbus, OH 43210.

For more information, contact Shannon Hand by email at hand.21@osu.edu.

- **Mount Carmel Stroke Support Group**

Meets the 3rd Tuesday of the month, except January at Westley Glen.

For more information, call 614-234-3905 for time and directions.

- **Central Ohio Young Empowerment Stroke Support Survivor Group (CO-YESSS)**

For young adults and their families, offered at the branches of the Worthington Library on the second Tuesday of the month from 10 AM to 11:30 AM.

For more information, contact Brie at 614-788-6161.

- **SWAT (Stroke, Wound, Aneurysm, Tumor) Support Group** - OhioHealth Neuroscience Center

Riverside Methodist Hospital, 3535 Olentangy River Road, Columbus, OH 43214.

Call 614-566-1124 for more information.

Online support groups

- **The Stroke Network, www.strokenetwork.org**

- **Internet Stroke Center, www.strokecenter.org**

- **National Stroke Association, www.stroke.org**

Area resources

Home Health Services

Columbus Public Health

614-645-7417 or www.columbus.gov/publichealth

Offers many services including education, health and wellness, child health services, dental, and vision care for adults, and food services.

LifeCare Alliance

614-278-3130 or www.lifecarealliance.org

Provides home delivered meals to qualifying central Ohio residents, visiting nurses, nurse practitioners, dietitians, wellness center, senior centers, homemakers, and home health aides.

The Ohio Home Care Waiver Program

1-800-324-8680 or

<http://medicaid.ohio.gov/FOR-OHIOANS/Programs/Ohio-Home-Care-Waiver>

Allows people with physical disabilities and unstable medical conditions to get care at home.

Housing

Columbus Metropolitan Housing Authority

614-421-6091 or www.cmhanet.com

Helps people find affordable housing. Call or go to their website for more information.

Ohio Department of Aging, Home and Community-Based Services and Supports

www.aging.ohio.gov/HomeCommunityCare

Assisted Living Waiver Program pays the cost of care in an assisted living facility for certain people with Medicaid, helping meet “room and board” expenses. Must meet eligibility requirements. Other home support services also explained.

Legal Assistance

Columbus Bar Association

614-221-0754 or www.cbalaw.org

Provides free lawyer referrals. Call 8:30 AM to 5:00 PM weekdays and the operator will help match a lawyer to your need. Call or go to their website or more information.

Disability Rights Ohio

1-800-282-9181 or www.disabilityrightsohio.org

Provides help to people in Ohio with disabilities who have been abused or neglected, denied services, or access to public facilities.

Legal Aid Society of Columbus

614-224-8374 or 614-241-2001 or www.columbuslegalaid.org

Provides legal support in civil cases for people with low income who cannot afford to hire an attorney. Some costs may apply. Housing, domestic violence, and other legal issues, not criminal.

Return to Work or School

Columbus Urban League

614-221-0544 or www.cul.org

Offers programs including career services, education, and housing services.

Opportunities for Ohioans with Disabilities (OOD)

1-800-282-4536 or 614-438-1200 or www.ood.ohio.gov

Works with partners in business, education, and non-profit organizations to help Ohioans with disabilities to have quality employment and gain independence. Also has Bureau of Vocational Rehabilitation (BVR) which provides people with disabilities help attaining and maintaining employment.

The Ohio State University, Office for Disability Services

614-292-3307 or www.ods.osu.edu

Offers a variety of services for Ohio State students with disabilities, such as exam accommodations, adaptive equipment and technical training help, counseling, and advocacy.

Financial Assistance

Franklin County Department of Job and Family Services

614-462-4000 or <https://jfs.franklincountyohio.gov>

Provides career and support services, and assists with signing up for programs, such as Medicaid and food assistance.

Medicare

800-633-4227, TTY/TDD 1-877-486-2048 or www.medicare.gov

Provides health insurance to people aged 65 or older, people under the age of 65 with certain disabilities, and people with permanent kidney failure.

NeedyMeds

800-503-6897 or www.needy meds.org

Provides information about discounted medicines or pharmacy assistance.

Ohio Best Rx Program

1-866-923-7879 or www.ohiobestrx.org

Helps low income, uninsured Ohio residents get free or discounted brand name medicines. Call or go to their website to determine your eligibility and for information on how to apply.

Ohio State University Wexner Medical Center Financial Assistance

614-293-0860 or <https://wexnermedical.osu.edu>

Provides help with completing applications for government-sponsored programs, explains other assistance programs, or helps create a payment plan for medical treatment if you meet criteria.

Social Security - Local office

614-469-6855 1-800-772-1213, TTY 1-800-325-0778 or www.ssa.gov

Provides financial assistance to people with disabilities with the Social Security Disability Insurance (SSDI) program and the Supplemental Security Income (SSI) program.

Transportation

Transportation Resources Guide

patienteducation.osumc.edu/Documents/trans-resources.pdf

Lists transportation resources for Franklin County and surrounding Ohio counties.

Drug/Alcohol Counseling Services

24 Hour Hotline

614-228-HOPE or 614-228-4673

Alcoholic's Anonymous

614-253-8501 or www.aa.org

Hours of operation are 8:30 AM to 8:00 PM, Monday through Friday and 8:30 AM to 1:00 PM Saturday. Call or go to their website for more information.

Columbus Area Integrated Health Services

614-252-0711 or www.columbus-area.com

Provides mental health and substance abuse counseling services. There is a sliding fee scale. They accept Medicaid and Medicare.

House of Hope for Alcoholics, Inc.

614-291-4691 or www.hofhope.org

Alcohol and drug abuse treatment services. Adult residential and outpatient programs. Call 614-276-4840. Residential treatment program for adolescent males lasting a minimum of six months. Call 614-443-0720.

Maryhaven

614-445-8131 or www.maryhaven.com

Provides drug and alcohol rehabilitation regardless of ability to pay. Provides programs across cultures, ages, and severity of addiction. Call or go to their website for more information.

Nicotine Anonymous

614-487-9025 or www.nicotine-anonymous.org

- Provides a program built off of Alcoholics Anonymous (12 steps). Provides meetings via telephone if you are unable to or if it is difficult to leave your home. Call to schedule.
- Nicotine Anonymous World Services' toll free phone number is 1-877-879-6422.

Ohio Department of Mental Health and Addiction Services

1-877-275-6364 or www.mha.ohio.gov

Call or visit for information or referral to addiction services by county.

Ohio State University Talbot Hall

614-257-3760 or <https://wexnermedical.osu.edu/mental-behavioral/addiction-drugs>

Offers a full range of outpatient programs and 25 beds for patients whose therapy requires a hospital stay.

Parkside Behavioral Health Care

614-471-1601 or www.thewoodsatparkside.com

Provides alcoholism and drug addiction services. Call for more information.

Traumatic Brain Injury (TBI) Network**614-685-8511** or <http://tbi-network.org>

Located at Ohio State's Martha Morehouse Medical Pavilion, the TBI Network treats adults dealing with both brain injury and drug or alcohol abuse.

Other Counseling Services**Catholic Social Services****614-221-5891** or www.colscss.org

Offers counseling, parenting services, and parenting counseling. Offers career development counseling specifically for the Hispanic Community. Offers social worker consults for the elderly for housing, medical appointments, insurance, transportation, and other health care needs.

North Central Mental Health Services**614-299-6600** or www.ncmhs.org

Provides mental health and recovery services. Offers an outpatient clinic for mental health and chemical dependence. Provides psychiatry consults. Suicide, senior, and teen hotlines offered.

Syntero**614-889-5722, ext 133** or <https://www.syntero.org>

Provides both mental health and substance abuse counseling. Offices at four locations around central Ohio. Accepts private insurance, Medicaid, Medicare, self-pay, and a sliding fee scale for uninsured Franklin, Delaware and Morrow County residents.

Ohio State's Rehabilitation Psychologywexnermedical.osu.edu/physical-therapy-rehabilitation/rehabilitation-psychology

Support programs for those with disabilities, which arose from injury or illness. Psychologists work with other members of the health care team to ensure the best care.

Resource directories and coordinating agencies

Action for Children**614-224-0222** or www.actionforchildren.org

Helps individuals find local child care agencies. This is a free service. Call to request written materials or to make an appointment. You can also go to their website for more information.

Hands-On Central Ohiohandsoncentralohio.org or call 2-1-1

Reach thousands of social service, government, and community resources in Franklin County to address any problem you may be facing or to be connected to volunteer opportunities.

Netcare Access**614-274-9500** or **614-276-2273 (crisis hotline)** or www.netcareaccess.org

Connects people to mental health, crisis intervention, and substance abuse services. Serves anyone regardless of income.

Ohio Department of Aging, PASSPORT Program<https://aging.ohio.gov/HomeCommunityCare>

Helps Medicaid-eligible older Ohioans get long-term services and support needed to stay at home.

Ohio Department of Job and Family Services**1-800-852-0010 or 614-466-2100 or jfs.ohio.gov**

Assists people by connecting them with agencies like many of the ones in this directory. They help connect to employment, child care, medical services, financial and legal services, and housing.

Veterans Administration**1-877-222-8387 or 1-800-273-TALK (Suicide Hotline) or www.va.gov**

Assists veterans with issues on education, health care, insurance, burials, housing, etc. Helps locate local VA sites. Call or go to their website for more information.

Helpful websites

American Speech-Language-Hearing Association (ASHA)**301-296-5700 or www.asha.org**

Can connect you to an Audiologist or Speech Language Pathologist (SLP) in your area.

American Stroke Association**(614) 848-6676 or www.strokeassociation.org**

Part of the American Heart Association, a national network of local organizations providing research funding, education, community programs, and fundraising.

Centers for Disease Control and Prevention**www.cdc.gov/stroke**

Stroke treatment information and educational resources.

Family Caregiver Alliance**800-445-8106 or www.caregiver.orgNational**

Provides caregiver education and online support groups.

National Association for Home Care and Hospice**202-547-7424 or www.nahc.org**

Provides a home care and hospice locator.

National Library Service for the Blind and Physically Handicapped**1-888-657-7323 or www.loc.gov/nls**

Provides free braille and audio reading materials.

National Stroke Association**1-800-STROKES(787-6537) or www.stroke.org**

Provides education and links to support for all impacted by stroke.

Stroke Survivors Empowering Each Other (SSEEO)**1-800-988-8047 or www.sseeo.org**

Provides advocacy, support, education, and resources to stroke survivors and their families.

Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.