Planning for Your Care after Discharge from the Hospital

Changes in health care delivery and advances in technology have resulted in hospitals providing most services in only a few days. As a result, your actual hospital stay may be only one small part of your overall treatment. Before you are admitted to the hospital, think about what kind of help you might need after discharge. It is also important to know how these services will be paid for.

You and your family are important members of the treatment team. Talk honestly with staff about care needs when leaving the hospital.

What is discharge planning and why is it important?

Discharge planning helps you, your family and your health care team coordinate your care during your hospital stay and after you leave. Discharge planning begins soon after you are admitted to the hospital and addresses basic questions about

- What help will be needed?
- Who will help?
- What equipment will be needed?
- Can these services be provided for you safely after you return home?

Most patients leave the hospital and return home after a short stay. However, some patients need additional care after discharge.
What types of services are available?

Care can be given in many ways and in a variety of locations after you leave the hospital. Depending on your health care needs and the availability of help from family and friends, the following options may be considered:

**Independent Care**
Before discharge, your health care team members will teach you and your family how to care for yourself at home.

**Home Health Care**
If your care is complex and it is difficult to leave your home for the care you need, a home health agency may be used. Nurses may come to your home to check you and to teach you or your caregiver to care for things such as complicated dressing changes, injections, IV care or therapies. Home health aides may help you with personal care activities such as bathing and grooming. Physical therapy may also be continued at home to build strength.

**Skilled Nursing Facility or Inpatient Rehabilitation**
If you need special therapies and more services than are available in the home setting, a short-term stay in a nursing facility or sub-acute nursing unit may be recommended. When treatment goals are achieved, you will return home.

**Hospice**
People may decide to enroll in hospice care when they are at a turning point in their illness. Personal goals and family support may also be factors. The focus of hospice care is on comfort care and symptom management, not on a cure. Hospice services are available to people of any age, religion, race or illness.

How will these services be paid for?
Members of your discharge team will help you explore coverage for needed services. There is a lot of variation in what insurance will and will not cover. If you have insurance, contact your insurance company before you are admitted so you know what type of coverage you have. Social workers, Case Managers or Patient Care Resource Managers (PCRM), and financial counselors are available to answer questions and help those with inadequate insurance coverage.
### Phone Numbers

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<thead>
<tr>
<th>Service</th>
<th>Location</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Case Managers</td>
<td>University Hospital</td>
<td>(614) 293-8141</td>
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<tr>
<td>Patient Care Resource Managers (PCRM)</td>
<td>The James University Hospital East</td>
<td>(614) 293-8141</td>
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<td>(614) 257-3257</td>
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<td>Social Work</td>
<td>University Hospital &amp; The James University Hospital East</td>
<td>(614) 293-8427</td>
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<td>(614) 257-3257</td>
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<td>Financial Services</td>
<td>University Hospital</td>
<td>(614) 293-4241</td>
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<td></td>
<td>University Hospital East</td>
<td>(614) 257-3933</td>
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### Questions I need to ask about care

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Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.