

# Discharge Planning



- Starts *before* you come to the hospital for your operation!
- Options include:
  - Home with home care services
  - Short term rehabilitation

# Discharge to Home



- You must be an active participant in your own care.
- You will need someone to help you at home with physical care, and transfer assistance.

# Discharge to Home



- **If you choose St. Joseph's Home Care & Hospitals Home Healthcare:**
  - Physical Therapy will call you at home to set up your first visit.
  - Physical Therapy will visit you the day after your discharge.

# Discharge to Home



- **If you choose St. Joseph's Home Care & Hospitals Home Healthcare:**
  - Physical Therapy visits are about 45 – 50 minutes long.
  - Weekend & holidays included if required.

# Discharge to Home



- **If you choose St. Joseph's Home Care & Hospitals Home Healthcare, you may also qualify for:**
  - Occupational Therapy
  - Home Health Aide

# Discharge to Home



- Medicare Part A covers all recommended Home Care services with no required minimum hospital stay.
- Basic criteria must be met.

# Discharge to Home



- Most commercial insurances cover home care services.

# Discharge to Home



- Transportation to home and other locations is usually by private car.
- It may be difficult for you to get in and out of some types of cars, such as:
  - an SUV with a high running board or
  - a compact car.
- Discuss any concerns about transportation to your discharge destination with the Case Manager.

# Discharge to Short Term Rehabilitation



- You may be a candidate for short term rehabilitation if:
  - There is not enough help at home for you to go home **AND**
  - You need a lot of help to get in and out of bed, the bathroom, and walk with help.

# Discharge to Short Term Rehabilitation



Short term rehabilitation facilities:

- Provide Physical Therapy 1- 2 times a day.
- Length of stay depends on insurance authorization.

# Discharge to Short Term Rehabilitation



- Transportation to Short Term Rehabilitation is usually by wheelchair van, which can be arranged by the Case Manager.
- Most insurance plans and Medicare do not pay for this.

# Discharge to Short Term Rehabilitation



To help plan your discharge to short term rehabilitation, please identify at least 3 choices of facilities.

# Questions?



For further information about  
discharge planning, contact

–Darrell O’Keefe, RN

Case Manager

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