Choices for Your Care After You Leave the Hospital

Home, Home with Home Care, Short-term Rehabilitation (Acute Inpatient Rehabilitation or Skilled Nursing Facility), Long-term Care, Palliative Care, Hospice Care
Planning for Leaving the Hospital

Plans for Leaving the Hospital

Together, you, members of your care circle (family members or friends) and members of your health care team will create your discharge plan to help you have a smooth transition back to your home or community after your hospital stay.

Sometimes extra help is needed for a while to safely recover. Accepting extra help will make it more likely to meet your goals. We will help you know what help you need.

Your long-term success depends on making the right choices before you leave the hospital. Finding the right care in the right place will help you make a smooth transition out of the hospital.

When you work on your discharge plan in the hospital, members of your health care team will help you and members of your care circle to choose the location and facilities that meet your needs. Social workers can help you find community resources and help answer questions.

Follow-up Visits

You may have appointments already made for you to see your regular health care provider or a specialist after you leave the hospital. It is important to go to all follow-up visits, even if you feel well.

Insurance Coverage

Coverage varies, depending on your insurance provider(s). You may have deductibles or copays (what you owe) or other fees. Members of your health care team (care coordinator, financial counselor) will help you check your insurance benefits to see what is right for you.
Benefits and Risks

Home
You can return home if you can take care of basic needs on your own or with help from a member of your care circle. You will not need any hospital care or services.

You may return home if you can:

- get in and out of bed
- clean and dress yourself
- walk safely to the bathroom
- make your own meals
- manage your medicines
- manage special health care concerns such as wound care or diabetes care.

Home With Home Care
You may be able to return home but will need extra services to help you continue your recovery. Services may include:

- physical or occupational therapists to help you improve your safety and independence at home
- speech-language pathologists to help you with your speech and swallowing
- help with tasks such as bathing and dressing
- nurses who will help teach you or your family how to check your medicines and manage your health on your own
- social workers can help you to find community resources, answer questions or help with advanced care planning
- dietitians may be included.
Your Options (continued)

**Short-term Rehabilitation**

Short-term rehabilitation provides extra help and services if you are not able to safely return to your home right away after your hospital stay.

A health care team will work with you and your family members until you can safely return home.

There are two types of short-term rehabilitation:
- in the hospital (acute inpatient rehabilitation)
- skilled nursing facility or transitional care unit.

A rehabilitation specialist will work with you to see if you qualify for one or both.

**Acute inpatient rehabilitation**

Acute inpatient rehabilitation gives you extra help and services in the hospital to help you return to your home.

Your health care team will include a rehabilitation doctor, rehabilitation nurses, physical therapist, occupational therapist, speech-language pathologist, psychologist and a social worker.

Members of your health care team will closely manage your care. You will receive care tailored to your recovery.

Services include:
- 3 hours of therapy, 5 days a week
- daily visits from your health care provider
- daily skilled rehabilitation nursing care.

The typical length of stay is 2 weeks depending on your health.

**Skilled nursing facility (SNF) or transitional care unit (TCU)**

Skilled nursing facility and transitional care unit work to give support to you when you move from one phase of your disease or treatment to another (such as moving from hospital care to home care).

Health care team members will work with you and your family members until you can safely return home. You will receive care tailored to your recovery.

Services may include:
- physical, occupational or speech therapy
- weekly visits from your health care provider
- daily nursing care
- your health care team teaching you how to manage your health on your own.

The typical length of stay is 7 to 30 days.
Long-term Care (Assisted Living or Nursing Facility)

Long-term care provides extra help and services if you are not able to safely live in your home by yourself or with help.

If you need long-term care, the members of your health care team will talk with you and members of your care circle about resources in your community. They will also help you decide which level of care or location of care will best meet your needs.

Palliative Care

Living each day to the fullest may be important to you. Palliative care can help you be as independent and comfortable as possible.

Palliative care is for anyone with a serious illness. It treats your symptoms and emotional and spiritual concerns. It can help you and your family address financial and community resource options.

You may receive the highest quality of care at home, in the clinic or hospital, or in other types of care settings.

Palliative care may decrease the number of times you have hospital stays and it may help you avoid unnecessary Emergency Department visits.

Palliative care is covered by most insurers, including Medicare, Medicaid and private insurers.

Hospice Care

You and members of your care circle may find peace of mind knowing the end-stage of your treatment can be managed in a non-hospital setting.

Hospice care is a special way of caring for you and members of your care circle if you have 6 months or less to live.

Hospice focuses on your comfort and quality of life while treating your physical, emotional and spiritual needs. The focus is on comfort and providing the highest quality of life possible.

Only medicines and actions to make you more comfortable are used or added. Dying is not hurried or delayed.

Hospice is covered by most insurers, including Medicare, Medicaid and private insurers. Care can be provided in your home, a nursing home or a residential hospice.
## Comparing Your Options

<table>
<thead>
<tr>
<th>Mobility</th>
<th>Home</th>
<th>Home Care</th>
<th>Acute Inpatient Rehabilitation</th>
</tr>
</thead>
<tbody>
<tr>
<td>— <em>Am I able to return home?</em></td>
<td>■ You are able to live at home without help.</td>
<td>■ You are able to live at home but will need extra skilled care.</td>
<td></td>
</tr>
<tr>
<td>— <em>Will I need help getting to appointments?</em></td>
<td>■ You are able to leave your home to get to and from appointments.</td>
<td>■ Your may need help getting to and from your appointments.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>■ It is not safe for you to go home right away. You may be able to go home after treatment.</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>■ Your care will take place in the hospital. You will have 3 hours of therapy, 5 days a week.</td>
</tr>
<tr>
<td>— What is most important to you?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cost</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>— <em>Will I need to pay for treatment?</em></td>
<td>There is no cost.</td>
<td>■ Check with your insurance provider to see if this service is covered.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>■ Ask how much you will have to pay out-of-pocket.</td>
<td></td>
</tr>
<tr>
<td>— What is most important to you?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Therapy</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>— <em>What kind of therapy will I need?</em></td>
<td>■ You may or may not need therapy.</td>
<td>■ You may need physical therapy, occupational therapy or speech-language pathology.</td>
<td></td>
</tr>
<tr>
<td>— <em>Where will my therapy take place?</em></td>
<td>■ If you need therapy, it will be done at the hospital or clinic.</td>
<td>■ Therapy will be done at your home.</td>
<td>■ Therapy will be done at the hospital.</td>
</tr>
<tr>
<td>— What is most important to you?</td>
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</tbody>
</table>
### Comparing Your Options (continued)

<table>
<thead>
<tr>
<th>Mobility</th>
<th>SNF or TCU</th>
<th>Long-term Care</th>
<th>Palliative Care</th>
<th>Hospice Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>— Am I able to return home?</td>
<td>It is likely you will be able to return home after treatment.</td>
<td>You are not safe to go home.</td>
<td>You may be able to live at home.</td>
<td>You may be able to live at home if you qualify.</td>
</tr>
<tr>
<td>— Will I need help getting to appointments?</td>
<td>You may need help getting to and from your appointments.</td>
<td>You may need help getting to and from your appointments.</td>
<td>You may need helping getting to and from your appointments.</td>
<td>Therapy will be done wherever you are receiving hospice care.</td>
</tr>
</tbody>
</table>

| — What is most important to you? | | | | |

| Cost | | | | |
| — Will I need to pay for treatment? | Check with your insurance provider to see if this service is covered. | | | |
| | Ask how much you will have to pay. | | | |

| — What is most important to you? | | | | |

| Therapy | | | | |
| — What kind of therapy will I need? | You may need physical therapy, occupational therapy or speech-language pathology. | You may need physical therapy, occupational therapy or speech-language pathology. | You may need physical therapy, occupational therapy or speech-language pathology. | Each person is different. You may or may not need physical therapy, occupational therapy or speech-language pathology. |
| — Where will my therapy take place? | Therapy will be done at the TCU. | Therapy will be done at the long-term care facility. | Therapy may be done at home or outside of the hospital. | |

| — What is most important to you? | | | | |
# My Preferences

<table>
<thead>
<tr>
<th>Questions</th>
<th>My Thoughts</th>
</tr>
</thead>
<tbody>
<tr>
<td>As you think about the possible risks, what are your fears or concerns?</td>
<td></td>
</tr>
<tr>
<td>As you think about your options, what are your hopes and goals?</td>
<td></td>
</tr>
<tr>
<td>Are you clear about the benefits and risks of each option? What matters most to you?</td>
<td></td>
</tr>
<tr>
<td>Which of these options, at this time, do you feel fits best with your treatment goals?</td>
<td></td>
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<tr>
<td>Is there anything that may get in the way of you doing this?</td>
<td></td>
</tr>
<tr>
<td>Do you feel you have enough support and information?</td>
<td></td>
</tr>
</tbody>
</table>

## My Decision at This Time

- [ ] home
- [ ] home care
- [ ] short-term rehabilitation
- [ ] acute inpatient rehabilitation
- [ ] skilled nursing facility
- [ ] long-term care
- [ ] palliative care
- [ ] hospice care
Next Steps

Questions for Your Health Care Provider

1. What is the best option for me after leaving the hospital?

2. How will I know I am ready to leave the hospital?

3. How likely am I to benefit from the option I prefer?

4. What location(s) offer the option I prefer?

5. What warning signs should I watch for?

6. Is there a difference in the quality of care at different locations?

7. Is there a difference in how my care will be coordinated at different locations?

8. What kind of therapy will I need?

9. What is the next step for me?

10. Other questions and notes? ____________________________
Next Steps

Questions for Your Social Worker, Care Coordinator or Financial Counselor

It is important for you to understand your health care benefits as you make your treatment decision.

1. Do I need help making appointments, transportation and paying for treatment?

2. Which options are covered?

3. Are any options in my network?

4. Are there specific requirements or criteria I need to meet in order to get the option I choose?

5. How many therapy visits will be covered?

6. How much will I need to pay?

7. What questions should I ask my insurance provider?

8. Other questions and notes? ____________________________

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- schedule appointments*.

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*Availability varies by location. Ask your clinic or hospital if this service is available.

Glossary

**Inpatient**
People who stay in the hospital as a result of an accident or illness, or for surgery and recovery.

**Outpatient**
People who can live in their homes, but still need treatment for physical therapy, occupational therapy and speech-language pathology.

**Rehabilitation**
Rehabilitation is a special service that helps you regain physical, mental and cognitive (thinking and learning) abilities that have been affected by disease or injury. It works to improve your ability to care for yourself and the way you move.
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