



Understanding the Hospital Discharge Process & Selecting a Rehab Provider

When your doctor decides you can leave the hospital after an illness, injury or surgery he or she may discharge you to a rehabilitation/therapy and skilled nursing care center to continue your healing process. This transition of care often brings many questions from the patient, as well as family members or other caregivers.

What Can I Expect?

Early in your hospital stay, you and your family may meet with the hospital's discharge planner. That person may be a nurse, social worker or administrator. The discharge planner will work with you and your family to make sure you have a plan for care after you leave the hospital.

Who Is My Caregiver?

It is important that you have a person who will help you adjust to transitioning to rehabilitation or therapy care center when you are discharged from the hospital. That person is called a caregiver. It can be your spouse or partner, adult child or grandchild, other relative or friend.

Your caregiver can help with your direct care, take care of financial matters—such as managing your bank accounts and paying your mortgage and other bills—offer emotional support, accompany you to doctor visits, cook meals and more.

Can I Choose The Therapy/Rehabilitation Care Center for My Care?

When you meet with the hospital discharge planner, he or she will have suggestions for after-care such as Providence Rest. Your caregiver should take the time before you leave the hospital to visit the care center and learn about the quality of therapy and skilled nursing services provided, as well as the support available for the caregiver. Be sure to visit with a therapist to learn what you can expect from the therapy plan of care for your loved one's particular situation. Don't be afraid to speak up, ask questions and make the decision that is best for you.

What Questions Should I Ask at the Time of Discharge?

When it is time to leave the hospital, you will get even more instructions and a plan of continuing care. It's important that you and your caregiver talk with your healthcare providers (doctors, nurses, specialists, etc.) during your hospital stay so you understand the discharge process, your medical condition and what issues you may be facing after you're discharged.



Use the following checklists to help keep track of important information you and your caregiver will need to know before you leave the hospital.

What is the patient's condition?

What changes may happen after the patient is receiving therapy/rehabilitation in a care center?

What is the care plan, and how will we know it's working?

Who do I contact if there are questions or concerns?

How long will my stay will be?

Who will my healthcare providers be?

Will my primary care physician see me during my stay?

What kinds of treatments/therapy can I expect while there?

Receiving additional therapy/rehabilitation or skilled nursing care at a care center like Providence Rest helps the patient regain their functional independence so they can return home to the things they enjoy.

Whether you are pre-planning for therapy after surgery, or had an expected illness, injury or surgery, Providence Rest is the preferred provider for therapy and rehabilitation services. Call (718) 931.3000 to learn more.

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