



## Discharge Planning Begins Now

**Before coming into the hospital you can help yourself by planning ahead for your return home**



**Think about and plan for who can do the things listed here if you cannot do them yourself when you get home from the hospital:**

- Shop for groceries
- Prepare meals
- Do laundry
- Go to the bank and pharmacy
- Assist you with bathing and dressing
- Pick you up from the hospital
- Bring you to appointments



**Discuss with your doctor the need for an inpatient physical rehabilitation facility temporarily after you are discharged. This may be for:**

- Acute rehabilitation treatment (3-4 hours of therapies daily)
- Sub-acute rehabilitation treatment (1-2 hours of therapies daily)



**Read your medical insurance policies. Request a benefit booklet from your insurance carrier to see what is covered and not covered by your plan. Certain services covered by your policy may have qualifications that you must meet to be eligible.**

- You may need medical equipment or skilled home care services when you go home
- Your insurance may not cover everything you need



**Contact the social worker for your medical team or clinic for help and additional information.**

**Planning now will help you focus on your recovery.**

This information is brief and general. It should not be the only source of your information on this health care topic. It is not to be used or relied on for diagnosis or treatment. It does not take the place of instructions from your doctor. Talk to your health care providers before making a health care decision.