



# Your Guide to a Safe Transition from Hospital to Home

Family Resource Home Care Supporting Families Across The Western States, including Washington, Oregon, Idaho, Colorado & New Mexico

Going home after a hospital stay is something to look forward to, but the transition can feel overwhelming without a clear plan. At Family Resource Home Care, we know that healing happens best at home, surrounded by comfort and support. This guide provides tools, tips, and checklists to help you and your family prepare for a safe hospital-to-home transition.

For care beyond compare,  
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# Introduction

A successful recovery at home doesn't happen by chance; it happens with preparation. Discharge planning involves more than just leaving the hospital; it's about coordinating care, understanding next steps, and making sure the home environment is ready. That's where Family Resource Home Care can help.

This guide is designed to walk you through the essential details of a safe transition from questions to ask before discharge, to home safety checklists, to resources for ongoing support. Whether you need short-term assistance during recovery or long-term care, our team is here to provide guidance and compassionate care every step of the way.

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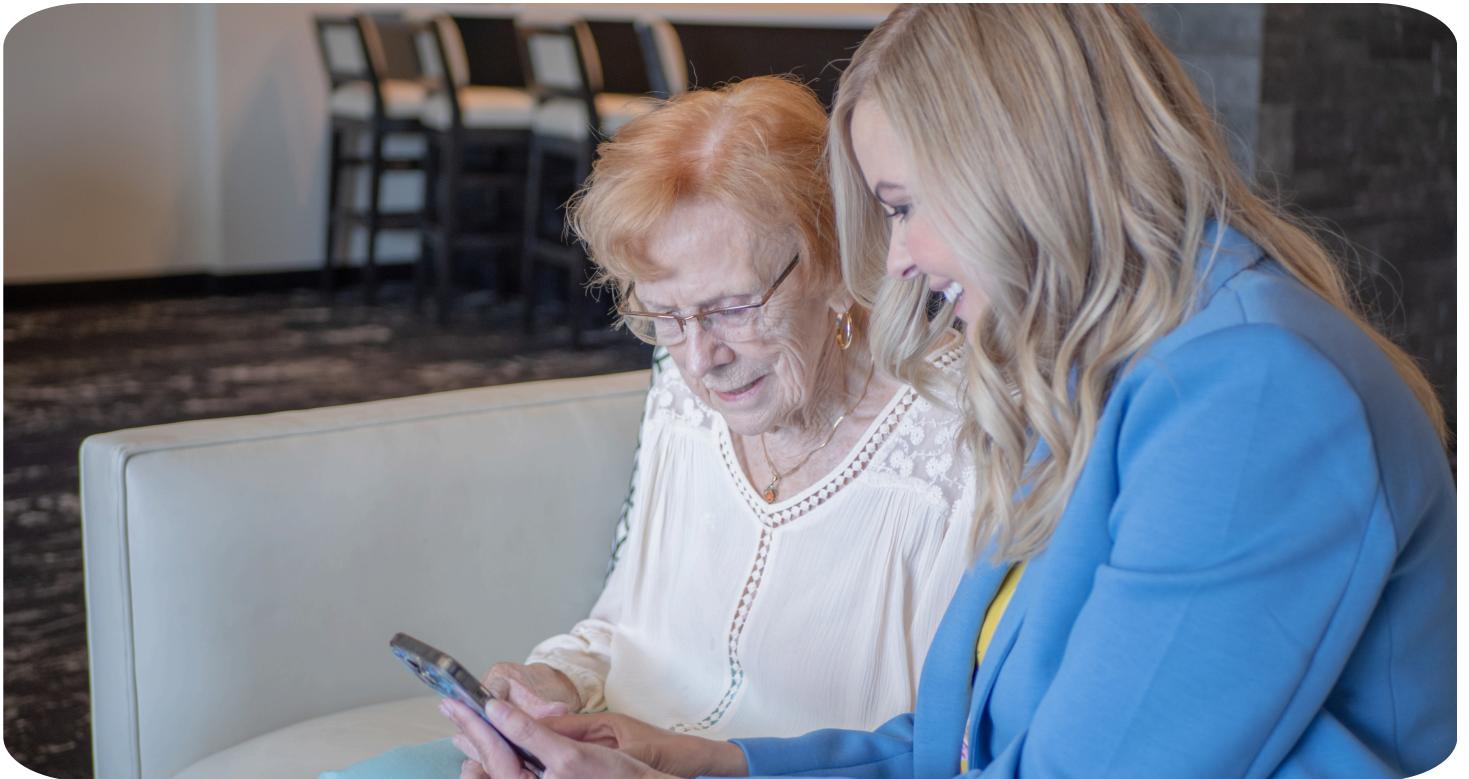


# What is Discharge Planning?

Discharge planning is the process of preparing for the move from hospital or rehab to home. A good plan ensures nothing is overlooked and gives families the confidence to provide safe, effective care.

Your discharge plan should include:

- ▨ Doctor and specialist contact information
- ▨ Medication lists and dosage instructions
- ▨ Dietary guidelines and restrictions
- ▨ Scheduled follow-up appointments
- ▨ Caregiver contacts (both professional and family)
- ▨ Patient's personal preferences and daily routines



# Why It Matters

Without planning, the risk of falls, medication errors, or hospital readmissions increases. A coordinated discharge plan helps avoid these issues by making sure everyone, patients, families, doctors, and caregivers, is on the same page.



# Family's Role

When a loved one is preparing to leave the hospital, families often play one of the most important roles in ensuring a smooth and safe transition. Doctors, nurses, and therapists provide medical expertise, but family members are the ones who carry forward the plan of care at home. Acting as an advocate means asking the right questions, clarifying instructions, and making sure nothing is overlooked before discharge. It also means preparing the home environment, arranging follow-up care, and coordinating support from both professional caregivers and other relatives.

By staying informed and organized, you can reduce stress, prevent complications, and help your loved one feel more confident and supported as they recover at home.

- Ask questions and clarify instructions during discharge
- Keep records of medications, doctors, and upcoming appointments
- Arrange safe transportation home
- Explore payment options for in-home support (private pay, long-term care insurance, veteran's benefits, government programs)



# Home Care vs. Home Health Care

When preparing for life after a hospital stay, it's easy to confuse the terms home care and home health care. While they both support recovery at home, they serve very different purposes. Understanding these differences will help you decide what combination of services best fits your loved one's needs. The graphic below highlights how each type of care can play a role in a safe and comfortable transition.

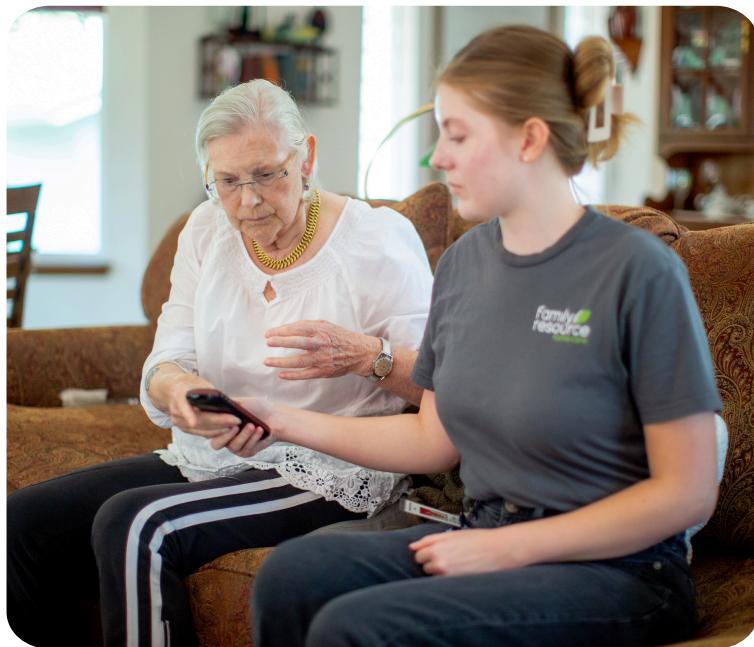
- **Home Care:** Non-medical support to maintain safety and independence at home, including personal care, housekeeping, errands, companionship, and respite for family caregivers.
- **Home Health Care:** Short-term, medical services provided by nurses or therapists (with a doctor's order).

**While the types of care may overlap, both are offered wherever the patient calls home. The two are distinct and complementary to each other.**

HOME CARE	HOME HEALTH
<ul style="list-style-type: none"><li> <b>No physician order needed</b></li><li> Paid by client, family, long-term care insurance, VA or Medicaid if qualified</li><li> Visits vary from 4-24 hr and service lasts as long as desired by client or family</li><li> Non-clinical care<ul style="list-style-type: none"><li>• Meal preparation</li><li>• Respite care</li><li>• Light housekeeping</li><li>• Bathing, dressing, toileting</li><li>• Companionship</li><li>• Transportation &amp; errands</li></ul></li><li> Goal: assist client with needs they identify to support safety and aging in place.</li></ul>	<ul style="list-style-type: none"><li> <b>Physician order needed</b></li><li> Paid by Medicare, Medicaid, and most health insurances</li><li> Visits usually 30 min-1 hr and service generally runs 1-2 months</li><li> Clinical Care<ul style="list-style-type: none"><li>• Pain Management</li><li>• Wound Care</li><li>• Medication Administration</li><li>• IV Therapy</li><li>• Physical Therapy</li><li>• Occupational Therapy</li></ul></li><li> Goal: help recovery, regain strength and provide episodic services only.</li></ul>

# Key Questions to Ask before Discharge

- leaf What new or discontinued medications should we be aware of?
- leaf Will my loved one need equipment such as a walker, shower chair, or grab bars?
- leaf What dietary instructions should be followed?
- leaf Do we need home health, home care, or both?
- leaf Who do I contact for follow-up care or if I have questions?



# Post-Discharge Safety Checklist

- 🌿 Emergency contacts are updated and accessible
- 🌿 Home has clear walkways, proper lighting, and secure handrails
- 🌿 Bathroom has grab bars, non-slip mats, and a shower chair if needed
- 🌿 Medications are organized and safely stored
- 🌿 Mobility equipment is in good working order
- 🌿 Meals, grocery shopping, and transportation are arranged
- 🌿 Caregiver support is scheduled



# How Family Resource Home Care Supports Your Transition

Our caregivers provide compassionate, reliable support during recovery, from just a few hours a day to 24/7 live-in care. Services include:

- leaf Assistance with bathing, dressing, and grooming
- leaf Medication reminders
- leaf Meal preparation and grocery shopping
- leaf Light housekeeping and laundry
- leaf Transportation to follow-up appointments
- leaf Companionship and social engagement
- leaf Specialized dementia, respite, and transitional care



# Next Steps

Every family deserves peace of mind during recovery. Family Resource Home Care partners with you to create a personalized plan that ensures safety, dignity, and comfort at home.

Contact us today to schedule a free consultation and learn how we can help you or your loved one navigate a safe transition home.

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