

# *from* Hospital *to* Home Care

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For a Successful and  
Safe Recovery at Home



866-454-8346

[HomeCareAssistance.com](http://HomeCareAssistance.com)

# A Customized **Post-Hospitalization** Care Plan

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One of the leading causes of hospital readmission or slow post-hospitalization recovery is the lack of proper support following a hospital discharge. Whether you are transitioning directly home after a hospitalization or moving through the care continuum through a rehabilitation or medical care facility, in-home care is a key resource for a safe and successful recovery.



*"I was referred to Home Care Assistance when my Mom was coming home from Scripps. I was out of town and had to organize everything remotely. They were extremely helpful and professional. I was very stressed and completely lost, but they handled everything from start to finish. One of their Care Managers went out to the hospital to assess mom the same day, organized everything with the nurses and doctors and was able to get Mom home safely. What I liked the most was their flexibility and quick action. Mom came home with 24 hour care for the first few days and then was able to slowly reduce hours to a manageable schedule. Highly recommend!"*

*- B.S., Daughter of Client*

## Post-Hospitalization Home Care for a Successful Recovery

The first 72 hours at home are critical for post-hospitalization patients. The patient and family must make lifestyle adjustments no matter how comprehensive the discharge plan may be. The patient often feels fatigued and family members can feel confused or helpless. Our Care Team is here to help manage the transition and help you on the path toward a successful recovery in the comfort of home.

## A Leading Expert in Post-Hospitalization Care

When it comes to post-hospitalization care, Home Care Assistance is a preferred home care provider at hospitals throughout North America. To make this expertise accessible to the broader public, we wrote the book, *From Hospital to Home Care: A Step by Step Guide to Providing Care to Patients Post-Hospitalization*. Our book provides a comprehensive overview of the challenges and resources associated with each step in the transition home from the hospital, the discharge process, common issues associated with specific medical conditions, the unique needs of post-hospitalization patients and the importance of home care in patient outcomes and quality of life.

## Our Transition Home™ Package

Home Care Assistance's Transition Home™ Package helps families manage the discharge process, provides a seamless transition home and promotes effective rehabilitation at home.

### Package service offerings include:

- A consultation and personalized Care Plan developed over the telephone or in-person, based on your preference.
- An expertly trained caregiver who will meet you and your family in the hospital, in the facility or at home to support the critical initial transition.
- Support with home safety needs, including recommendations about equipment and home safety modifications to support your recovery.
- Ongoing support with errands, grocery shopping, prescription pick-up, housekeeping and other physical activities that may be too challenging for a recently discharged patient.
- Physical assistance with activities of daily living including mobility, bathing and grooming, eating and transferring tailored to the patient's needs.
- Meal preparation based on our proprietary Balanced Care Method™ with an emphasis on healthy, balanced nutrition and regular caloric intake in line with the physician's recommendations.
- Medication reminders, rehabilitation exercise prompts, physical and emotional support and companionship throughout the recovery process.
- Transportation to rehabilitation sessions, doctor appointments and personal events.
- Regular status updates from the Care Team, at your discretion, to designated family and friends.

# About

## Home Care Assistance

At Home Care Assistance, we provide customized care to older adults so they can live happier, healthier lives at home. We champion the needs of seniors with a positive, empowering approach to aging that celebrates independence, dignity and quality of life. Our caregivers receive exceptional training, support and resources to deliver an unmatched care experience.

### High Quality Care

We go above and beyond to deliver concierge-level care for clients who want, and expect, the very best for their aging loved ones.

### Committed to Our Clients

We believe the best way to deliver exceptional care is to focus on building long-term, trusting relationships between caregivers, seniors and their families.

### Elevated Quality of Life

Our Balanced Care Method™ emphasizes healthy mind, body and spirit. We believe that with the proper care, we can help older family members live happier, healthier and more fulfilled lives.

### Trusted Care Expertise

We are experts in all aspects of home care, from family dynamics to nutrition, around-the-clock care to dementia. And we train our caregivers accordingly.

### Total Peace of Mind

We understand the trust you place in us, and do everything possible to ensure that the home care experience is worry-free for all concerned.

### Connected in the Community

We are the trusted partner of reputable care professionals in the communities we serve. We pride ourselves on connecting our clients to the care solutions they need - even if it's outside our service offerings.



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