

CONTINUING CARE PLANNING GUIDE

There's no place like home.



AFTER DISCHARGE FROM THE HOSPITAL

THERE'S NO PLACE LIKE HOME.

We all aspire to live healthy and independently, but sometimes an accident or illness can derail us. Returning to the comforts of home after a hospital stay is always the best medicine, but sometimes you or your loved one might need additional care and more time to fully recover.

With that in mind, your physician and care team will develop a discharge plan that uniquely suits your needs, with the goal of getting back home as quickly as possible. This guide will help you better understand the discharge plan that your physician and care team have recommended for your recovery.



WITH SUPPORT SERVICES

HOME HEALTHCARE
HOME CARE
OUTPATIENT DAY REHAB
PALLIATIVE CARE
IN-HOME HOSPICE



INPATIENT ACUTE REHAB
SKILLED NURSING
ASSISTED LIVING
MEMORY CARE
INPATIENT HOSPICE

HOME HEALTHCARE

SKILLED CARE SERVICES

Home healthcare is skilled medical care ordered by a physician and provided in the home. This type of care typically benefits patients with a new diagnosis and those recently discharged from the hospital with an injury or illness. Patients receive intermittent care from skilled professionals as well as education about their disease or condition and how to better care for themselves.

Types of services

- Injections
- IV therapies
- Medication management and education
- Occupational therapy
- Physical therapy
- Skilled nursing
- Social worker services
- Speech therapy
- Wound care

Who pays?

Medicare and many commercial insurance plans cover eligible home health services provided there is a skilled need and patients are homebound, under a doctor's care and the home healthcare agency is Medicare certified.

How do you find care?

Northwest Community Healthcare Home Health Services
nch.org/homehealth
847-618-7800

medicare.gov

HOME CARE

PRIVATE CUSTODIAL HOME SERVICES

Private home care services are provided in patients' residences and are a home-based alternative to assisted living. From help with bathing and dressing to meal preparation and light house-keeping, non-medical home care helps keep elderly patients independent yet cared for in between visits with their doctors and family. Depending on patients' needs, the length of time for care may vary from one hour each day to live-in care.

Types of services

- Activities of daily living: bathing, dressing, eating and toileting
- Incontinence care
- Light housekeeping
- Meal preparation
- Medication reminders
- Monitoring and observation
- Socialization and companionship
- Transportation assistance for shopping, errands and medical appointments

Who pays?

This type of care is a private pay, out-of-pocket expense. (Long-term care insurance policies and some veterans' benefits may cover the care if the patient qualifies.)

How do you find care?

Illinoisagingservices.org

AgeOptions 708-383-0258

OUTPATIENT DAY REHAB

Outpatient Day Rehabilitation is appropriate for patients who have been discharged to home but would continue to benefit from an intensive rehabilitation program. Typically, patients enter the program following completion of an inpatient acute rehabilitation stay to recover from a debilitating illness, injury or surgery. Patients receive physical, occupational, speech therapy and nursing services as needed and are supervised by a specially trained rehabilitation physician.

The goal of day rehab is to maximize patients' safety and independence as they transition home and re-enter the community. The average length of participation in day rehab is eight to 12 weeks.

Types of services

- Nursing consultation and education
- Occupational therapy
- Physical therapy
- Referrals for neuropsychological services and social worker services, as needed
- Speech therapy
- Transportation

Who pays?

Medicare Part B and many commercial insurance plans cover outpatient physical rehabilitation

How do you find care?

Northwest Community Healthcare
nch.org/physicalrehab
847-618-3880

PALLIATIVE CARE

Palliative care is for patients with chronic illnesses who are continuing to receive therapeutic treatments at home. It focuses on controlling pain and providing relief from the symptoms and stress of a serious illness. The goal of palliative care is to improve the quality of life for both patients and families. Palliative care is provided by a specially-trained team of doctors, nurses and other specialists who work together with patients' doctors to lend extra support.

Types of services

- Advance directives planning
- Counseling to manage stress and anxiety
- Emotional support and advocacy
- Pain and symptom relief
- Spiritual guidance

Who pays?

Palliative care services are covered by most insurance plans, including Medicare and Medicaid.

How do you find palliative care?

Northwest Community Healthcare
(NCH partners with JourneyCare)
nch.org/palliativecare
847-467-7423

medicare.gov

IN-HOME HOSPICE

Hospice care provides medical management, emotional support and spiritual resources for patients who are in the last stage of a terminal illness and want to live out the rest of their days at home. It focuses on quality of life instead of treatments to prolong life. Hospice care provides comfort and dignity to patients and helps family members manage the practical details and emotional challenges of caring for a terminally-ill loved one.

Types of services

- Access to the hospice team 24/7/365
- Basic medical care with a focus on pain and symptom control
- Counseling to help with psychological, emotional and spiritual issues
- Guidance with the difficult issues of life completion and closure
- Medical supplies and equipment, as needed
- Respite care for caregivers, family and others

Who pays?

Hospice is covered by most insurance plans, including Medicare and Medicaid.

How do you find care?

Northwest Community Healthcare
(NCH partners with JourneyCare in Hospice Care)

nch.org/hospice
847-467-7423

medicare.gov

INPATIENT ACUTE REHAB

Inpatient acute rehabilitation is appropriate for patients who have been discharged from the hospital but would benefit from an intensive rehabilitation program. Typically, patients are admitted after a traumatic injury, debilitating disease or following certain types of surgery. Patients receive physical, occupational and speech therapy as needed and are supervised by specially trained physicians who manage the medical aspects of their care. The goal of inpatient rehabilitation is to regain patients' independence as quickly and safely as possible. The average length of stay on the unit is 10 to 14 days.

Types of services

- Medical care and rehab nursing 24/7/365
- Nutrition education
- Occupational therapy
- Physical therapy
- Psychological services
- Social worker services
- Speech therapy

Who pays?

Medicare Part A (hospital insurance) and many commercial insurance plans cover acute care in an inpatient rehabilitation unit.

How do you find care?

Northwest Community Healthcare
nch.org/inpatientrehab
847-618-6716

SKILLED NURSING

A skilled nursing facility (SNF) is a non-hospital facility for patients who need 24-hour nursing care and rehabilitation to recover from an injury, illness or surgery. These facilities are Medicare certified and must have a transfer agreement in place with hospitals in case residents need medical care. This type of care is temporary and designed to help patients return home.

Types of services

- Ambulance transportation when necessary
- Dietary counseling
- Meals
- Medical supplies and equipment
- Medication management
- Physical and occupational therapy
- Private and semi-private rooms
- Respite care (Some facilities require an out-of-pocket deposit for respite care.)
- Skilled nursing care 24/7/365
- Social worker services
- Speech and language services

Who pays?

Medicare Part A (hospital insurance) covers skilled nursing care provided in a SNF. (Although you may qualify, this level of care may not be needed.) Currently, Medicare requires that beneficiaries first stay as inpatients in the hospital for three consecutive midnights to be eligible for skilled nursing coverage. (Private commercial insurance does not require the three-midnight rule.)

NCH partners with these five SNFs:

Lutheran Home
800 W. Oakton St.
Arlington Heights
847-368-7400

**ManorCare at
Arlington Heights**
715 W. Central Rd.
Arlington Heights
847-392-2020

**The Moorings of
Arlington Heights**
811 E. Central Rd.
Arlington Heights
888-601-7685

**Transitional Care of
Arlington Heights**
1200 N. Arlington Heights Rd.
Arlington Heights
847-392-9000

Symphony of Buffalo Grove
150 Weiland Rd.
Buffalo Grove
847-465-0200

What are the benefits of choosing one of these five SNFs? Collaboration of care

Because NCH physicians serve as medical directors of these five facilities, our partnership ensures a smooth transition from the hospital to the SNF. The NCH care team will visit you within 24 to 72 hours after you've been discharged and two or more times per week thereafter. The team will collaborate with your primary care physician throughout your stay and will work with the SNF staff to address any post-acute care issues and resolve any communication barriers that might delay you from reaching your goal of getting back home as quickly as possible.

Continuation of care

The NCH care team is familiar with your medical history from your stay in the hospital, so they will coordinate and provide you with personalized care and ensure the continuity of your treatment plan. NCH uses an electronic medical records system so that all clinical staff at the hospital and these five SNFs can view your medical records and manage your care appropriately, including medication management.

ASSISTED LIVING

Assisted living is a licensed community with a home-like environment that provides care for those who can no longer live independently but do not need round-the-clock medical care.

An assisted living community benefits residents who have a need for socialization and want a safe environment with staff available to assist them as their needs change. Supportive living is similar to assisted living and offers the same services, but the community is specially licensed for low-income older adults and is covered by Medicaid.

Types of services

- Activities of daily living: bathing, dressing, eating and toileting
- Aides on duty 24/7/365
- Fall prevention monitoring
- Healthcare management and monitoring
- Housekeeping and laundry
- Medication reminders and/or medication management
- Private and semi-private rooms
- Recreational activities
- Security
- Transportation

Who pays?

Assisted living is a private pay, out-of-pocket expense. Long-term care insurance policies and some veterans' benefits may cover care if the patient qualifies. Supportive living is covered by Medicaid if the facility is subsidized and licensed as a low income community. Visit illinois.gov/hfs for more information.

How do you find an assisted living community?

illinoisagingservices.org



MEMORY CARE

Sometimes, people with Alzheimer's and other types of dementia can no longer live independently and need more care than assisted living provides. Memory care units are licensed facilities staffed by professionals who are specifically trained to care for residents with memory loss and dementia. Memory care units are available within an assisted living community, continuing care retirement community or skilled nursing facility.

Memory care communities are designed to make residents feel safe and secure in their environment. Safety precautions in these units prevent wandering, and specialized therapies and programs are designed to keep the brain active and engaged.

Types of services

- Exercise and physical therapy programs
- Housekeeping and laundry service
- Meals
- Medication management
- Nursing staff and personal assistance 24/7/365
- Private and semi-private rooms
- Social programs and activities
- Transportation

Who pays?

Memory care is a private pay, out-of-pocket expense. (Long-term care insurance policies, some veterans' benefits and Medicaid may cover care if the patient qualifies.)

How do you find a memory care facility?

illinoisagingservices.org

INPATIENT HOSPICE CARE

Hospice care provides medical management, emotional support and spiritual resources for patients who are in the last stage of a terminal illness. It focuses on quality of life instead of treatments to prolong life. Hospice care provides comfort and dignity to patients and helps family members manage the practical details and emotional challenges of caring for a terminally-ill loved one.

Types of services

- Access to the hospice team 24/7/365
- Basic medical care with a focus on pain and symptom control
- Counseling to help with psychological, emotional and spiritual issues
- Guidance with the difficult issues of life completion and closure
- Medical supplies and equipment, as needed
- Respite care for caregivers, family and others

Who pays?

Hospice is covered by most insurance plans, including Medicare and Medicaid.

How do you find care?

Northwest Community Healthcare
(NCH partners with JourneyCare)

nch.org/hospice

847-467-7423

medicare.gov

Northwest Community Healthcare
800 W. Central Road
Arlington Heights, IL 60005
847-618-1000
nch.org

Community Resource Guide

For a detailed guide to helpful services in the community for patients and caregivers, call **847-618-4968** or visit **nch.org/communityresourceguide**.

