

After the Hospital:

A Guide to Post-Acute Care

COMMON EXAMPLES OF POST-ACUTE CARE NEEDS

- Help with eating, bathing, getting dressed, and toileting
- Help with meals to meet nutritional requirements
- Assistance getting around your home
- Assistance with grocery shopping, light housekeeping, and laundry
- Companionship to enhance wellbeing and prevent loneliness
- Assistance with connecting with family and friends
- Help monitoring your temperature, blood pressure, heart rate, comfort level, and weight
- Assistance with medications
- Education about medications and potential side effects
- Therapy needs, such as physical therapy, occupational therapy, speech therapy, cognitive therapy
- Skilled nursing care, wound care, and intravenous (IV) medications
- Help using medical equipment and supplies such as home oxygen or nebulizers
- Accessing transportation for follow-up medical appointments or dialysis
- Accessing technology, such as telehealth
- Pain management
- Comfort care, palliative care, serious illness management, and end-of-life support
- Help caring for your pet

Learn more:

PatientCareLink.org/AftertheHospital