



**Nevada
Care
Compass**

Local Guidance. Trusted Support.
Better Decisions.

Leaving the Hospital or Rehab?

A Simple Guide for Families Before Returning Home



Discharge Does Not Always Mean Fully Recovered.

Many families are surprised to learn that being discharged from the hospital or rehab **does not** always mean someone is fully independent or back to normal.

In many cases, it simply means:

- ✓ The person no longer requires that level of medical care
- ✓ Recovery will continue at home
- ✓ Additional support may still be needed

Recovery at home can take time, patience, planning, and support.



Before Discharge, Make Sure You Understand:



MEDICATIONS

- ☐ What medications changed?
- ☐ What medications were stopped?
- ☐ When should medications be taken?
- ☐ Are refills needed?
- ☐ Who should be called with medication questions?



Helpful Tip:

Ask for an updated medication list before leaving.



FOLLOW-UP CARE

- ☐ Are follow-up appointments scheduled?
- ☐ Do you understand discharge instructions?
- ☐ Has home health, therapy, or nursing been ordered?
- ☐ Who do you contact with concerns or complications?



Helpful Tip:

Write down names, dates, phone numbers, and instructions.



MOBILITY & SAFETY

- ☐ Is walking safely possible at home?
- ☐ Are stairs manageable?
- ☐ Is help needed with bathing or toileting?
- ☐ Is fall risk increased?
- ☐ Are safety modifications needed?



Helpful Tip:

Ask the care team about fall prevention and home safety recommendations.



EQUIPMENT & SUPPLIES

- ☐ Walker or wheelchair
- ☐ Shower chair or bench
- ☐ Oxygen or medical equipment
- ☐ Incontinence supplies
- ☐ Medication organizer
- ☐ Other: _____



Helpful Tip:

Confirm who is providing equipment and when it will arrive.



SUPPORT AT HOME

- ☐ Who is helping after discharge?
- ☐ Will someone stay overnight if needed?
- ☐ Is transportation available for appointments?
- ☐ Is meal preparation needed?
- ☐ Is additional support needed temporarily or long term?



Helpful Reminder:

It's okay to ask for help. Recovery can be more difficult than families expect.



COMMON SURPRISES After Discharge

Families are often surprised that:

- ♥ Energy levels may fluctuate
- ♥ Recovery may be slower than expected
- ♥ Caregiving can quickly become overwhelming
- ♥ Setbacks can happen during recovery



That does not mean anyone failed.

Planning ahead helps reduce stress and improve safety at home.



IMPORTANT REMINDER

If anything is unclear, ask questions before leaving.

It is easier to get answers now than to manage confusion or complications later.



**Nevada
Care
Compass**

Free planning and placement guidance for seniors and families throughout Northern Nevada.



We help families:

- ✓ Understand care options
- ✓ Identify safety concerns
- ✓ Navigate senior living
- ✓ Connect with local resources
- ✓ Plan next steps with confidence



775-443-8046



nvcarecompass.com



Serving Northern Nevada



Free Planning & Placement Services



Local. Licensed. Personalized. Here for you.



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Once You're Home

What to Watch For During Recovery



Recovery Is Not Always a Straight Line

Some older adults recover quickly after a hospital or rehab stay.

Others may continue needing:



Physical support



Therapy & treatments



Medication assistance



Transportation support



Caregiving support

It is common for needs to change during recovery.



Contact a Doctor or Seek Additional Support If You Notice:



PHYSICAL CHANGES

- | | |
|---|--|
| ☐ Increased weakness or difficulty walking | ☐ Poor appetite or dehydration |
| ☐ Falls or balance concerns | ☐ Increased sleeping or fatigue |
| ☐ Trouble getting to the bathroom | |



MEMORY OR CONFUSION CHANGES

- | | |
|---|--|
| ☐ Increased confusion or forgetfulness | ☐ Difficulty following instructions |
| ☐ Wandering or safety concerns | ☐ Increased agitation or anxiety |
| ☐ Missed medications | |



DAILY LIVING CONCERNS

- | | |
|--|---|
| ☐ Difficulty preparing meals | ☐ Difficulty managing bills or medications |
| ☐ Trouble bathing or dressing | ☐ Isolation or withdrawal |
| ☐ Missed appointments | |



CAREGIVER WARNING SIGNS

- | | |
|--|--|
| ☐ Exhaustion or burnout | ☐ Increased stress or frustration |
| ☐ Feeling overwhelmed | ☐ Feeling unsafe or unable to manage care needs |
| ☐ Sleep deprivation | |

♥ **Reminder:** Caregiver stress is common and does not mean you are failing.



It's Okay If Home No Longer Feels Safe

Sometimes families discover after discharge that:

- recovery is harder than expected
- caregiving is more involved than anticipated
- safety concerns continue at home

♥ **That does not mean anyone failed.**

Sometimes the safest next step may include:



In-home care



Therapy support



Respite care



Assisted living



Memory care



Rehabilitation
(short-term or longer-term)

There are many options—and you don't have to figure this out alone.



You Don't Have to Figure It Out Alone

Nevada Care Compass provides free guidance for seniors and families throughout Northern Nevada.

We help you:

- | | |
|----------------------------------|--|
| ✓ Understand care options | ✓ Connect with trusted local resources |
| ✓ Identify safety concerns | ✓ Plan next steps after discharge |
| ✓ Navigate senior living options | |

We're here for you.



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Serving Northern Nevada

We help families navigate the right care at the right time.

Our recommendations and resources are always in your best interest.



Free Planning & Placement Services

We help you understand your options and find the right fit—at no cost to you.