



## PREPARING FOR YOUR HOSPITAL DISCHARGE

As you plan for your upcoming procedure, Ridgeview's Social Services team would like to guide you regarding planning for your discharge. Some people need extra care after they are discharged from the hospital. Here are three options to consider for your care:

- + Have family or friends stay with you for a few days to a week. They can help with meals, laundry, household chores and provide transportation as necessary.
- + Have Home Care services added to your discharge plan. Most insurance companies will pay for short-term Nursing, Physical and Occupational Therapy and Home Health Aide visits in the home for a few weeks after discharge. When you are in the hospital, ask your nurse to connect you with the home health liaison if this is of interest to you.
- + Go to a Skilled Nursing Facility\* (a nursing home that provides round-the-clock, expert nursing care and daily assistance to patients in need of temporary care) for short-term rehabilitation. This is a good option for those who need assistance with care, as well as increased therapy. If, prior to your procedure, you expect that you will want to go to a skilled nursing facility, you can contact the facility(s) of your choice, and give them your name and surgery date.

When you are admitted to the hospital, if you require additional assistance please request to meet with a Ridgeview social worker to review these options in more detail; however, it is important to consider your options prior to having surgery.

### \*Skilled Nursing Facility information

Medicare Part A (the portion that covers hospital stays and skilled nursing care) will cover part of your stay in a skilled nursing facility if you meet these requirements:

- + You must have a three consecutive night inpatient stay in a hospital. You must have a medical necessity to qualify for a three-night stay in the hospital. This must be a full hospital admission, noted as inpatient status—not observation status.
- + Your doctor must verify that you require daily, skilled nursing care and/or rehabilitation services. The care you require must relate to the condition for which you were hospitalized.

If you do not meet the Medicare requirements for coverage, you can opt to pay the nursing facility privately, out-of-pocket. Skilled nursing facility private pay can range from \$300-\$400 per day.

### Resources

If you have supplemental insurance, contact your insurance company directly to review Skilled Nursing Home coverage.

#### Medicare Coverage of Skilled Nursing Stays

[www.nolo.com/legal-encyclopedia/medicare-coverage-skilled-nursing-facility-stays.html](http://www.nolo.com/legal-encyclopedia/medicare-coverage-skilled-nursing-facility-stays.html)

#### The Office of MN Attorney General; Nursing Homes and Assisted Livings

[www.ag.state.mn.us/Consumer/Publications/NursingHomesAssistedLiving.asp](http://www.ag.state.mn.us/Consumer/Publications/NursingHomesAssistedLiving.asp)

#### More Information

Call Ridgeview Social Services at 952.777.4348.