



Helping You to Recover and Return Home

Home, with appropriate supports, is generally the best place for you to recover from illness or manage chronic conditions once you no longer need hospital care. We will help you and your family carefully prepare for your safe return home.

Home is Best

Evidence suggests that returning home as soon as safely possible and continuing your recovery in the familiarity of your own home is better than waiting in the hospital to fully regain your strength. Many services and supports are available in the community to help patients continue their recovery and regain strength and independence. As necessary, a community clinician will visit you and your family in the privacy of your home to assess ongoing care needs. In following the **Home is Best** philosophy, it is important to us that patients and their families are well supported at home. If eventually you can no longer safely remain at home, we will assist with transitioning you to the most appropriate care setting.

What to Expect While in Hospital

Working together with you and your family, we will set up an individualized **care plan**. The care plan makes sure all the necessary supports and services are ready for you at home before you are discharged. We begin this early on because sometimes this process takes time. The sooner this planning takes place, the better it is for you and your family. Depending on your situation, this might include home care nursing or therapies such as occupational therapy and physiotherapy.

While you are in hospital, we will also contact your **Family Doctor** (GP) and let him or her know you are with us and why. If you do not have a GP, we will try to connect you with one, so you can have continued care when you are discharged.

You will receive a personalized **My Discharge Plan** when you leave the hospital. This lists the treatment you received in hospital, prescribed medications and the appointments and services that have been lined up for you at home. This will ensure that all your care providers are working from the same plan to help you recover. We will review your **My Discharge Plan** with you and your family before you are discharged.

When you are ready to go home, we will send your GP a copy of your **My Discharge Plan** and, if necessary, set up an appointment with your GP for soon after you leave the hospital.

We Are Here To Help

If you or your family have questions or concerns while you are in the hospital, please talk to your care management leader. Their role is to help you understand your care and discharge plan.