



Your Care & Housing Options



NUEVACARE
BEST CARE IS HOME CARE

	One-on-one Care	Feeding	Toileting	Bathing	Walking Assistance	Dressing & Grooming	Medication Reminders	Administer Adjust, or Change Medications	Wound Care, Injections, IVs, Oxygen, or Catheters	Physical, Occupational, or Speech Therapy	Meal Preparation	Transportation	Light Housekeeping & Laundry	Grocery Shopping	Who Pays
 Skilled Nursing Medical care in a facility	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✗	Medicare/Medicaid
 Home Health Care Medical care in your home	✗	✗	✗	✗	✗	✗	✗	✓	✓	✓	✗	✗	✗	✗	Medicare/Medicaid
 In-Home Care Personal non-medical care in your home	✓	✓	✓	✓	✓	✓	✓	✗	✗	✗	✓	✓	✓	✓	Private Pay Long Term Care Insurance VA Aid & Attendance
 Assisted Living Facility Communities for seniors	✗	✗	✓	✓	✓	✓	✓	✓	✗	✗	✓	✓	✓	✗	Private Pay Long Term Care Insurance VA Aid & Attendance
 Board & Care Care in a small home setting	✗	✓	✓	✓	✓	✓	✓	✗	✗	✗	✓	✗	✓	✓	Private Pay Long Term Care Insurance VA Aid & Attendance
 Memory Care Facility Alzheimer's & dementia care	✗	✓	✓	✓	✓	✓	✓	✓	✗	✗	✓	✗	✓	✗	Private Pay Long Term Care Insurance VA Aid & Attendance

Use this checklist to prepare for a *safe* discharge.

- Arrange for transportation to leave the hospital.
- Get an updated list of medications including over the counter (OTC) meds and vitamins.
- Arrange for medication pick-up from the pharmacy.
- Schedule follow-up doctor appointment(s).
- Order proper medical equipment for home such as wheelchair, walker, shower chair, commode, and raised toilet seat.
- Check home safety measures such as grab bars, proper lighting, and sturdy railings.
- Arrange for in-home care services to help with the following:
 - Bathing
 - Dressing
 - Meal preparation
 - Toileting
 - Light housekeeping
 - Mobility
- Understand any needed changes in diet.
- Have grocery and food items at home.
- Make sure personal care products are available at home such as incontinence supplies, mattress pads, and disposable gloves.

Content provided by

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The best website for families caring for older adults
www.dailycaring.com



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NuevaCare | 1900 S. Norfolk Street, Suite 350 | San Mateo, CA 94403
1-888-CARE-AT-HOME | nuevacare.com

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Discharge 101



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Michelle Serrano
650-477-8609
or 650-539-2000
www.nuevacare.com