Ovella Living

Care found. Trust earned.

HOSPITAL-TO-CARE CHECKLIST

Your loved one cannot safely go home. Work through these steps in order.

1. ASK WHO IS HANDLING DISCHARGE

- Ask: Who is handling discharge planning for my loved one?
- Get the case manager, social worker, discharge planner, or nurse's name/contact.
- Say: They cannot safely return home. We need help understanding the next level of care.

2. WRITE DOWN THE CARE NEEDS

- Walking/mobility and fall risk
- Transfers (bed, chair, toilet)
- Bathing, dressing, toileting, eating
- Medication help
- Memory/confusion/dementia
- Nighttime supervision
- Wound care, oxygen, therapy, nursing, hospice, or equipment

Ask the hospital team to explain the needs in plain language. Use this list when calling providers.

3. CHECK COVERAGE & FINANCES

- Medicare / Medicare Advantage
- Medicaid / WA Apple Health / Oregon Medicaid
- Private health insurance
- Long-term care insurance
- Veterans benefits, if applicable
- Savings, Social Security, pension, or other private-pay resources

Ask: Does my loved one qualify for short-term skilled nursing/rehab? If yes, what happens when coverage ends?

4. IS THIS REHAB OR LONG-TERM CARE?

- Is the next placement expected to be temporary rehabilitation?
- Does the team expect your loved one to regain enough function to return home?
- If returning home is unlikely, begin researching long-term residential care now.

5. IDENTIFY THE RIGHT TYPE OF CARE

- Adult Family Home (Washington)
- Adult Foster Home (Oregon)
- Assisted Living
- Memory Care
- Skilled Nursing / Nursing Home
- Home-based services, if returning home can be made safe

Do not assume a nursing home is the only option. Match the setting to the person's actual needs.

6. USE PUBLIC HELP

- **Washington:** Community Living Connections / Area Agency on Aging - **1-855-587-0252**
- **Oregon:** Aging and Disability Resource Connection (ADRC) - **855-673-2372**
- Ask about long-term-care options, Medicaid eligibility, local services, and transition resources.

7. CALL & COMPARE PROVIDERS

- Do you have an opening?
- Can you safely meet these care needs?
- Is an assessment required?
- What is the monthly cost and what is included?
- Do you accept Medicaid, if applicable?
- What happens if needs increase?
- When can we tour?

8. TOUR WHENEVER POSSIBLE

- Watch caregiver interactions and resident comfort.
- Look at cleanliness, safety, bedrooms, common spaces, and atmosphere.
- Ask about staffing, overnight care, meals, communication, emergencies, and changing needs.
- Do not choose only because a bed is available.

9. BEFORE LEAVING THE HOSPITAL

- Confirm medication list and changes
- Follow-up appointments and therapy recommendations
- Mobility, diet, wound-care, and equipment instructions
- Warning signs and who to call
- Prescriptions and transportation
- Written discharge plan

KEEP ANSWERING THESE FOUR QUESTIONS:

1) What care is needed?
2) What will benefits pay for?
3) What setting can provide it?
4) Which provider is the right fit?

Ovella Living helps families explore and compare residential care providers when they do not know where to begin.

This checklist is educational and is not medical, legal, financial, insurance, or benefits advice.