Planning

for your discharge and what to expect

... A message from your health care team
The goal of your health care team is to start planning for your return home early in your hospital stay. As your treatment in the hospital progresses, the team will work with you and your family or caregiver so that you can understand what arrangements to expect for your continued care.

As part of planning for your discharge, you and your family or caregiver may meet with the hospital Discharge Planner, Social Worker or the Community Care Access Centre (CCAC) Case Manager to help prepare the support that you might need to return home.

Some supports that you might need at home could include:

- Nursing, therapy and personal care services provided through the CCAC
- Day programs, meal programs, transportation, light housekeeping, and others provided by Community Support Service agencies
- Assessment and planning for long-term care placement
- Help from family members and friends
- Services that can be paid for privately, or through insurance

In some cases, if you need more time to help you recover your strength before you go home, your health care team may suggest a short stay in a transitional care program or an alternate care facility, such as a rehabilitation hospital, where you can continue your recovery. If you are considering placement into a long-term care home, your health care team will plan for the help you will need to return home while you wait.

Your health care team is here to answer your questions, and to give you information about the supports and services that will help to meet your needs. If you have any questions or concerns about your discharge plans, please speak with your nurse who will connect you to team members who can assist you.