

INFORMATION FOR FAMILY CAREGIVERS



WHY IS MY FAMILY MEMBER BEING HOSPITALIZED AT HOME?

Hospital-level care in the home is not a new idea, but it has become more popular as 1) research has shown that hospital care in the home is as good or even better than hospital care in the traditional inpatient setting and 2) the COVID-19 pandemic created a greater need for care outside of hospital settings. Hospital at Home programs have demonstrated excellent outcomes for patients as well as high levels of satisfaction for both patients and caregivers. Your loved one was determined to be a good fit for home hospital care, and their care team believes they will benefit from treatment in their home, being able to be around their family or friends, and being able to sleep in their own bed.

WHAT CAN I EXPECT?

Your loved one will get the same type of treatment and care that they would in the inpatient hospital. Members of the health care team will come and go throughout the day to assess and examine them, take vital signs, give medications, draw labs, provide therapies, and drop off or pick up equipment. The care team will keep you and your loved one informed of the schedule and whom to expect when.

HOW LONG IS THIS GOING TO LAST?

Typically, a home hospital admission lasts several days, but it could be as short as two days or as long as two weeks, or more. It all depends on how fast your loved one is recovering and how long they need hospital-level care. The care team will let you know when your loved one is approaching the end of their home hospital stay and can be “discharged.”

WHAT HAPPENS AFTER “DISCHARGE?”

Your care team will help you and your loved one understand what comes next – including upcoming doctors’ visits, changes to their medication regimen, and what to look out for to make sure they stay healthy. Your care team will also coordinate any additional needs like therapy and equipment, as well as determine the best setting for continued recuperation. In addition, your care team will coordinate prompt pick-up of equipment and leftover supplies.

WHAT IS MY ROLE?

If the patient has designated you as a caregiver, and you have agreed to accept that responsibility, **we would consider you to be part of the care team**. As long as the patient agrees, you are welcome to participate in care team visits. A home hospitalization does not require a caregiver to be in the home, and you may do as little or as much to care for your loved one as you would like and as feels right for you. As needed, the clinical care team will set up the patient with assistance in the home to ensure that they are well cared for and have the right amount of support while they are being hospitalized. If at some point during the hospitalization needs or preferences change and more or less help is necessary, **do let the care team know**.

WHAT DO I NEED TO DO?

PLEASE DO:

- Tell the care team what time of day is best to update you on the care plan, and how best they can reach you. They will record your preferred contact information.
- Ask the care team if you have questions about the care plan, your loved one's symptoms, or anything else you are wondering about. There is space to write down your questions below so that you remember to ask them when you speak to the team.
- Take care of yourself and your needs. Make sure you are eating, staying hydrated, and getting enough sleep. Here are some ideas to help you relax and recharge:
 - Take a break during the day and go outside for a 20-minute walk.
 - Listen to music that soothes you while you enjoy a cup of your favorite tea or coffee.
 - Call a friend you haven't spoken to in a while

Note: If you are feeling anxious, highly stressed, or having difficulty eating or sleeping, let the care team know as soon as possible.

PLEASE DON'T:

- Move any equipment and supplies in the areas from where they were placed by the care team. If you have any concerns about them, let the care team know.
- Forget to check in with the care team before administering any medications (including over-the-counter medications) to your loved one.
- Smoke in the same room as the patient. (Ideally, refrain from smoking throughout the duration of the home hospital stay).
- Take the patient anywhere outside the home unless first discussed with the care team.

How do I reach the care team?

CONTACT INFO HERE

TO SHARE WITH THE CARE TEAM:

We need help from someone with (check off digitally or circle by hand):

- transfers (e.g. bed to chair)
- mobility (walking assistance)
- toileting
- bathing
- personal hygiene (e.g. oral care)
- grooming (e.g. hair, trimming nails)
- dressing
- feeding
- meal prep, light housework

Questions I have for the care team:

1.

2.

3.

Best times for the care team to reach me:

My preferred way to be contacted:

Notes:

