

# Your Hospital Stay: Moving to Another Care Facility

Going to another place for your care ...  
like a rehabilitation hospital or a care facility ...  
can help you heal ...  
and become more independent.

It might not be what you were hoping for ...  
but you'll get good care at the new place that you may not get if you went home right away.

And when you leave the hospital to go somewhere else for your care ...  
you'll have a lot of help.

Your care team will help make sure that you're prepared and you have a plan ...  
so the move goes smoothly.

This plan ... called a discharge plan ...  
helps you know what to expect ...  
and it helps you feel confident about playing an active part in your care.

You can focus on getting better ...  
which helps you avoid going back to the hospital.

A person called a discharge planner will help make your plan.

This person could be a nurse or someone else who helps coordinate your care.

A planner can often do things like ...  
... Show you options for where you can go next ...  
based on things like your medical needs, your insurance coverage, and where you live.

... Find out how much care ...  
or what therapies ... you'll need.

... Or help with insurance issues.

This can seem like a lot to talk about.

So be sure to ask questions if something is not clear ...  
or if you have any concerns.

Your care team ... and your planner ... can help.

If possible ... it's also helpful to have a friend or family member with you ...  
to help remember important details or to ask questions.

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At your new facility, you'll probably be able to set up your room so it feels a little more like home.

Your goal will be to get healthier ...

so you can do more on your own.

You'll focus on things like eating the right foods ...

building your strength ...

and getting back to your normal daily activities.

You'll have a team of people to coordinate your care ...

and help you get better.

That team is there to support you ...

and work with you ...

so you can feel confident about your recovery.