



## Discharge Options After Surgery

Most patients do go home after recovering in the hospital. Starting the day after surgery, our team (your doctor, nurse, therapist and social worker) will talk with you about your discharge needs. If you are not able to return home, other options are available and listed below. If you have questions, you may call the hospital Social Service department. Your insurance company or Medicare will determine your coverage.

### **You should be able to return home if you:**

- Are able to get in and out of bed by yourself.
- Are able to get on and off the toilet by yourself.
- Are able to walk safely 30 to 50 feet, following weight-bearing restrictions.
- Are able to use stairs (if needed).
- Are able to safely perform your home exercise program.

### **You should be able to go home and return for Outpatient Therapy if you:**

- Are able to do all of the above, but still need rehabilitation services (physical therapy, occupational therapy, or speech therapy).
- Are able to transfer in and out of a car or van.
- Have someone who can drive you to and from therapy.

### **You may need Home Care if you:**

- Are able to do all of the above, but still need help to enter or leave home.
- Need a nurse for skills such as wound care.
- Need continued rehabilitation services.
- Are temporarily homebound except for going to doctor appointments.

### **You may need a Subacute Rehabilitation or Skilled Nursing Facility if you:**

- Need 24-hour care.
- Are able to tolerate at least 1 hour a day of therapies.
- Are medically stable.
- Need help with bathing, dressing and transfers.

### **You may need unskilled services (private pay, hourly, not covered by insurance) such as:**

- Mobile meals
- Homemaker, companion service
- Lifeline