

Why Talk about Leaving the Hospital Now?

This brochure will help you partner with your case manager to plan your care after you leave the hospital. It may seem strange to talk about leaving the hospital when you have barely settled into your room. However, we know from experience that we can better meet your care needs if we begin planning early in your hospital stay.

What is a "Case Manager"?

Case Managers are registered nurses who help coordinate your care. They work with doctors, nurses, social workers and other members of your care team to make sure that your needs are met while you are in the hospital and after you leave the hospital. The case manager also communicates with your insurer.

Planning for Your After-Hospital Care:

While you are in the hospital, your case manager may discuss a number of questions with you in order to make sure that your needs are met after discharge. These Questions may include:

- Who will care for me at home?
- Will I be going home after I leave the hospital or to a friend/relative's home or another care setting?

What to Expect on the day of Discharge

Reviewing Information about your Post-Hospital Care

Your doctor will see you on the day of discharge to decide whether you are ready to leave the hospital. The doctor will write your discharge orders, which provide important instructions for your after-hospital care.

Your nurse will explain the schedule for your last day in the hospital, including the approximate time that you will be leaving the hospital.

The nurse will review the following discharge instructions with you:

- Follow up appointments
- Medications you will need
- Any limitations that your doctor has placed upon your activity
- Any special instructions

The nurse will ask you to sign the discharge instructions form. Make sure that you understand what you are supposed to do. You will receive a copy of the form to take with you.

If you have any questions regarding your instructions or medication please discuss them with your nurse prior to leaving the hospital.

How Will I Know When It's Ok to Leave the Hospital?

Your nurse will let you know when you are free to leave the hospital.

When you are ready to leave the hospital, please make sure that you have your discharge paperwork and all your belongings. Did you have items placed in the hospital safe? Did you bring in home medications?

We Are Here to Help After Your Discharge

Your case manager and other members of your care team will be here to help after you leave the hospital. Please let the case manager know if you have any concerns about services that she or he has arranged. If you have any difficulty getting medications at your pharmacy, let the case manager know right away.

Case Managers:

Jean **760.499.3931**

Jenni **760.499.3922**

Leslie **760 499 3920**

Medical Social Worker:

Jennifer ... **760.499.3921**