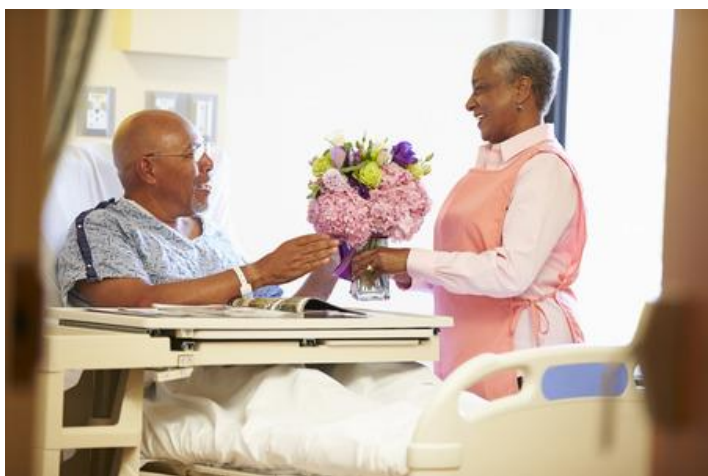




Are You at Risk for Hospital Readmission?

Whether an unplanned crisis or a planned procedure, a hospital stay is always stressful and physically taxing. Between limited sleep and pain management, the patient is always happy to return home to comforting and familiar surroundings. However, returning to the hospital for a related complication is a real threat to discharged patients over the age of 65.



According to the [Centers for Disease Control](#), approximately one fifth of seniors over the age of 65 were readmitted to the hospital within 30 days of a discharge in 2012. These return trips to the hospital are called readmissions and are a real public health concern to older adults for physical, emotional and even financial reasons. If you head into the hospital for a planned or emergency stay, are you at risk for readmission? With the right supports in place, you can decrease your chance of returning to the hospital and increase your

chance of remaining healthy and independent at home.

Is your home ready for your return?

To avoid hospital readmission, assure that your home is ready for your return. A few environmental adjustments and added comforts will keep you recovering easily at home.

Ask a trusted friend or family member to stock your fridge with healthy foods that are easy to prepare and with plenty of fluids. Eliminate clutter from your floor plan so that you can safely move throughout your home without fear of slipping or falling. Install grab bars or extra seating in your bathroom or bedroom to give you space to take a rest during your daily routine. Assure you have an emergency plan, cell phone within reach, or an emergency pendant activated ahead of your return home. Each of these small adjustments can be crucial to your home safety plan.

Are your friends and family ready for your return?

Returning home from the hospital should not be a solo venture. Take advantage of family members and friends who are ready to assist you in this transition. Without added support, your chances of hospital readmission can significantly increase.

Ask family members to check in on you throughout your first few weeks home. These visitors can bring you a warm meal, assist you with any medications, or even drive you to and from follow up appointments. Your visitors can take you grocery shopping, sit outside with you, or just quietly pass the time together.

Do you have extra help lined up for your return?

Unfortunately, many seniors who live alone in single family homes or in senior living communities do not have the support system in place to successfully transition back home after a hospital stay. In these cases, hospital readmissions occur due to a variety of reasons that range from malnutrition to dehydration, falls to acute infection.

Fortunately, the team at Visiting Angels is just the support system you need to transition successfully home. Our caregivers are ready to provide support services to meet your unique needs and challenges – grocery shopping and meal preparation, physical care and even social visits. Having a consistent caregiver team in your home, caring for you while you recover, gives you a better chance at becoming healthier quicker and without readmission.

How can we prepare for your return from the hospital? Our team would be honored to work with you to develop a personalized plan of care. [Give us a call](#) to set up a consultation so that we can learn more about your situation.

Visiting Angels of Denver and Boulder, CO

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