



The Caregiver News

September 2020

Discharge Planning

Caregivers are well trained in many aspects of the hospital stay—filling out paperwork, knowing where the cafeteria is located, and not-so-patiently waiting on answers and test results. There are other parts of a hospital stay that are less understood, such as the role of a hospital discharge planner. Who does it? What do they do? And, how can they help make the transition from hospital to home or facility care easier?

Who is a discharge planner?

The discharge planner is often a social worker, nurse, medical assistant, or other qualified individual assigned by a facility to create a discharge plan. In truly complex medical releases, a team of individuals, often including the doctor, may take on the collective role.

What is the roll of the discharge planner?

Medicare.gov defines discharge planning as “a process used to decide what a patient needs for a smooth move from one level of care to another”. A doctor discharges an individual from the hospital, but it is the job of the discharge planner to work with the patient and their [designated caregiver](#) to create a discharge plan.

How can a discharge planner or a discharge planning team make the transition easier?

A discharge planner can:

- **Evaluate.** Qualified personnel review the patient to understand their condition and possible concerns they may face at discharge.
- **Discuss Concerns.** Meet with the patient and [primary caregiver](#). Discuss the condition, support needs, and other realities about the patient and their current needs.
- **Plan for Transfers.** Tackle challenges such as where the person will be going, doctor’s orders, medication pick up or delivery, and transportation issues.
- **Find Support Referrals.** Give caregivers and patients referrals to caregiver training, home care, and other community or local support organizations.
- **Plan follow-up.** Make sure patients and caregivers know what happens next—tests, appointments, physical therapy, and more.

Discharge planning discussions should begin early in a hospital stay. Ask a nurse for assistance if needed.



[Discharge Planning Guide](#)



[Hospital Transitions](#)



[Medicare Discharge Brochure](#)

The Tip Jar

Tips from Quotes:

- “The caterpillar grows wings during a season of isolation.” ~ Mandy Hale
Reach out to others and help them become butterflies:
 - * Write them a note.
 - * Send them a picture.
 - * Call them for no reason at all.
- “It may be stormy now but it never rains forever.” ~ Evan Carmichael
- “Isolation is a way to know ourselves”. ~ Franz Kafka

Visit pinterest.com/slcoaging/quotes/ for quotes that move your heart.

Call for Training and Support Options

Caregiver Academy*

The Caregiver Academy is now available online as [Caregiver Talking Points](#) via WebEx. The WebEx webinars are held most Wednesdays from 12:30 pm to 1:30 pm.

Stress-Busting for Family Caregivers*

Stress Busting is currently planning online classes. Call 385.468.3280 to add your name to the notification list.

If you are interested in the above classes, or an **online support group or webinar** option, call **385.468.3280**.

*Caregivers are unable to bring those they care for to class. Thank you for your understanding. Reasonable ADA Accommodations are available upon request.

Virtual Stress Busting Ideas

- Tune into **Friday's Live!** Local artists provided by Farmer's Market Ogden. Sept 4 and 11 at 9 pm. Events on Friday's Live Facebook page (facebook.com/events/256286252345932).
- The **31st Annual Timpanogos Storytelling Conference and Festival** ([Schedule](#)) has gone online. Visit thanksgivingpoint.org/events/timpanogos-storytelling-festival/. The event, held Sept 10 to 12, offers Puppet Shows, My Favorite Stories, Laughin' Night, Shivers in the Night (ghost stories), and much more. Call 801.768.2300 for more information.
- **To Sleep in a Sea of Stars**. A conversation and reading with Christopher Paolini, most famous for his Eragon series, will read from and discuss his new book [To Sleep in a Sea of Stars](#). The event will be held Sep 25 at 7 pm on [Crowdcast](#). Call 801.484.9100 for more information.

Visit nowplayingutah.com, seniorsbluebook.com, slco.org [senior center](#) and [caregiver](#) calendars for more options.

Pinterest.com/slcoaging

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Support Groups - Call for Options

- **Amyotrophic Lateral Sclerosis (ALS)**
 - ♦ [Murray Heritage Senior Center](#). Call 801.264.2635.
 - ♦ [Riverton Senior Center](#). Call 385.468.3043.
- **Alzheimer's & Related Dementia Groups**
 - ♦ [Draper Library](#). Call 801.265.1944.
 - ♦ [Millcreek Senior Center](#). Call 801.265.1944.
 - ♦ [Jewish Family Services](#). Call 801.746.4334.
 - ♦ Dementia Support Groups at the [University of Utah Alzheimer's Center](#). Call 801.585.7575.
- **Caregiver Lunch Bunch**—1st Thursday each month at 11:30 am. The group is currently held online using WebEx Meeting. Call Dee at 385.468.3248.
- **Online Caregiver Support Group**—2nd and 4th Thursday each month at 3:00 pm. This group meets online using WebEx Meeting. Call Christian at 385.468.3236.
- **FTD & Related Dementia**—[Sandy Senior Center](#). Call 801.231.3442.
- **Parkinson's Support Groups** in Utah. Call 801.585.2354.
- **S.A.G.E./LGBTQ+ Seniors**—[Utah Pride Center](#). Call 801.539.8800 ex101. Various support groups offered.