

Introduction to Discharge Planning Orthopedic Services



**Mount
Sinai
West**

Discharge Planning Post-Surgery

- A social worker will work with you, your family, your doctors and your therapists to formulate and execute a personalized discharge plan.
- There are daily rounds where your team will meet to discuss your progress, needs and concerns.
- Once we have formulated a discharge plan, a social worker will contact your Insurance company for authorization if needed.



Returning Home

- A Social Worker will provide a list of choice for in network CHHA's (Certified Home Health Care Agency) for Physical Therapy and Occupational Therapy services in your home
- Social Worker will facilitate this referral for you, arrange bedside meeting with CHHA coordinator prior to discharge, and ensure that all necessary information is given to the home care agency so services can begin
- Home care services usually begin the day following discharge (i.e., go home on a Saturday, be seen on Sunday in your home) whenever possible



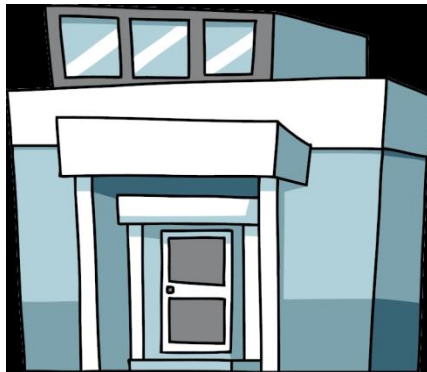
Intensive Home Physical Therapy

- Depending on insurance coverage, a physical therapist will come to your home between 3 and 5 days a week
- Complete duration of therapy is between 1-3 weeks post-surgery (most patients have 2 weeks of in home therapy)
- The goal of intensive therapy is to get you back to your normal life in your home **FASTER**.



Sub-Acute Rehabilitation

- This option is explored for those few patients who would **not** be SAFE at home, based on the evaluation by the team
- This level of care consists of a few hours of therapy daily in a skilled nursing facility
- The social worker will then apply for beds at 5 or more facilities of choice, obtain authorization, and coordinate transfer to the accepting facility
- You can check out the list of skilled nursing facilities online at www.medicare.gov



Insurance Coverage/Limitations

- The following are not usually covered by your insurance, although we are happy to arrange these services:
 - Transportation from hospital to home (in some instances transportation to rehab center)
 - Private nursing home attendant care
- Each insurance plan is different, and we are happy to explore your individual plan's allowances with you post-surgery



And finally...

- We want you to get back quickly, safely, and comfortably to your (new) old self
- We are here to help – please let the social worker know if you have any questions regarding the discharge plan.

