

Tips of the Week

1

Although every person's recovery will be different, here are some things you will want to think about as you help promote their return to health: physical activity, nutrition, rest and sleep, stress relief, and hygiene.

2

It is important that physical activity be incorporated into a person's daily schedule. Even small movements and walking are helpful.

3

If someone you support has been hospitalized with COVID-19, or acquired COVID-19 while in the hospital, they may not be able to go home directly after discharge. You should discuss with the hospital social worker your concerns about the care the individual you support needs.

4

If the facility expects all residents should wear a mask of some type at all times, and the individual you support cannot tolerate a mask for a long period of time, please let the staff know this ahead of time.

5

Discharge planning begins on the day of admission and continues throughout the hospitalization. Communication is the key to a successful discharge so that anticipation and clarification of needs takes place while the person is hospitalized.

6

Streamline communication at the beginning of the hospitalization. Designate who will be the point of contact for the person. Make a connection with the hospital social worker/patient care coordinator at the onset and determine how best to communicate (e.g., telephone, email, patient portal).