

Healthy At Home

(NAPSA)—With proper planning, returning home from a hospital stay need not result in unexpected challenges for seniors. Currently, one in five Medicare patients is readmitted to a hospital within 30 days after discharge. Studies have shown that nearly half these readmissions are linked to social problems and lack of access to community resources.

To help combat this readmission epidemic, a new informational brochure is available for seniors and those who care for them.



Tips on managing medications and finding community resources are in a new, free brochure.

“Hospital to Home: Plan for a Smooth Transition” is the new publication from the Eldercare Locator. It features information about planning for a stay in the hospital and planning for your return home. The brochure includes tips for making a hospital kit, preparing your home, managing medications and learning about community resources that might be helpful to you.

For a free copy of the brochure, call the Eldercare Locator at (800) 677-1116 or download it from the Resources section of www.eldercare.gov.