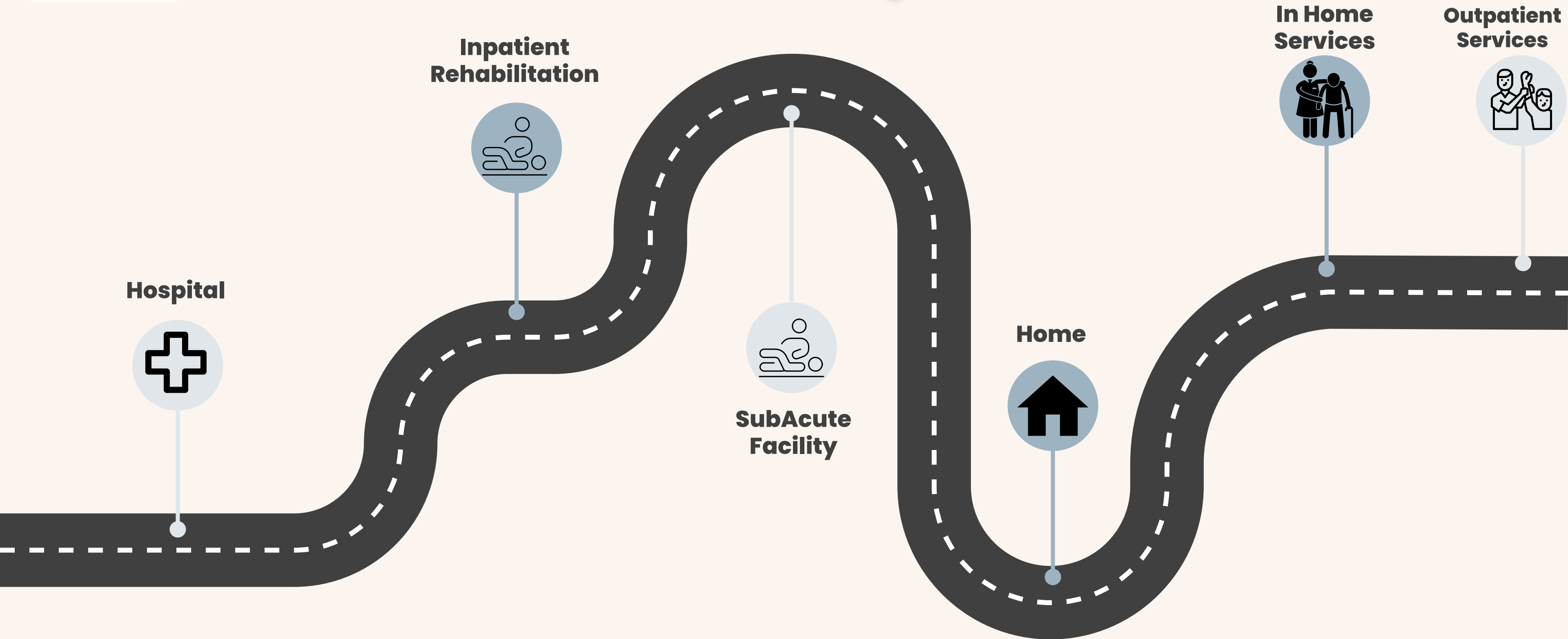
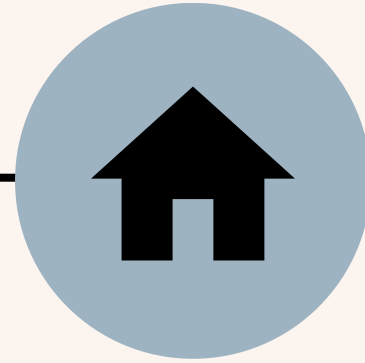




Journey Map: what to expect





Everyone's journey is different - we wanted to highlight where this journey might take some survivors, focusing on what happens at each stage, what to expect, and how best advocate for your loved one. Below are a few possible journey scenarios that someone might go through --

1. Hospital to home, without outpatient therapy
2. Hospital to home, with outpatient therapy
3. Hospital - inpatient rehab - home care services - outpatient therapy
4. Hospital - inpatient rehab - home with outpatient therapy
5. Hospital - inpatient rehab - subacute facility - home care services - outpatient therapy

Hospital



- ***What to expect?*** Based on how soon you arrive to the hospital, a CT scan and/or MRI will be performed to determine the next steps. In some situations, TPA ("clot buster"/strong blood thinner) or a thrombectomy (procedure to remove clots from the arteries) might be performed.
- ***Diagnosis & Treatment*** Medications for blood pressure management, blood thinning/clotting and cholesterol reducing medication may be prescribed. Rehabilitation services are initiated in the hospital and further recommendations are made.
- ***What's next?*** Based on your family members medical/nursing needs, progress in the hospital, the care team will either recommend home or ongoing inpatient therapy at an inpatient facility or subacute facility

Inpatient Rehabilitation



● ***What to expect?*** Medical and nursing care, intensive therapy, supportive therapy (yoga, recreational therapy, psychology)

● ***Therapy*** comprises of physical therapy, occupational therapy and speech therapy with goals to get your care partner as mobile as possible. You might attend caregiver training sessions and/or family meetings with the care team

● ***Whats next?*** Based on your care partners progress, medical/nursing needs, the care team will recommend either a home discharge with ongoing therapy or a subacute facility

Subacute Rehabilitation



What to expect? Ongoing medical and nursing care (however not as intensive as the inpatient stay), ongoing therapy and supportive therapy (recreational therapy, psychology)

Therapy will continue at this facility but it might not be as intensive. Ongoing goals to continue to work towards progress and return home. You might attend caregiver training sessions and/or family meetings.

What's next? Based on your care teams recommendations, home with home care services or outpatient therapy



What to expect? A nurse will first come home for her evaluation followed by a physical therapist, occupational therapist and speech therapist (this will be based on what the care team from the hospital recommended). A person has to be homebound in order to qualify for in-home services.

Therapy is approximately 30-45 minutes, 2-3 times a week. Goals will be continuing to achieve progress, improve mobility and function at home.

What's next? Based on your care partners progress, outpatient services maybe prescribed. If your family has not been referred to outpatient services, it is important to inquire as to when they will be eligible for in home services again.

Outpatient Therapy



What to expect Traveling to a clinic for therapy. Once you receive a referral, you will need to schedule an appointment for the services recommended which entails an evaluation and follow up visits (based on the referral)

Therapy Usually 2-3 times a week, for 45-60min. Home Care services will make the referral for PT/OT/Speech Therapy based on your family member's needs. Some clinics allow you to schedule the appointments back-to-back for convenience.

What's next? Most individuals will continue to perform exercises at home either independently or with the assistance of a caregiver. Depending on your insurance coverage, you may be able to apply for future outpatient services when your benefits renew each year.



Important Notes

1. The duration of therapy sessions mentioned above are an estimate. Every facility has different recommendations and are governed by insurance/Medicare guidelines (which are constantly changing).
2. The average length of stay at every facility is different as well and governed by the same rules mentioned above.
3. There are situations where only one, or two or all three disciplines are recommended. This can change throughout the journey which is based on your care partners medical needs and also progress!
4. Always ask questions! Various members of your medical team can provide answers to some of these questions especially the social worker that works with you.



Frequently Asked Questions

● Can I tour facilities before sending my family there?

YES! Most facilities allow either an in-person tour or virtual tour

● What is the average time we will be in the hospital?

It is different at each facility, hospitals tend to be shorter, inpatient rehabilitation averages 2-3 weeks and subacute facilities are usually longer. This dependent on your family members medical needs, progress in therapy and insurance.

● When will I receive training to help my family?

Usually this occurs right before they are ready to go home. The therapist that is working with your family will determine this based on their progress



Frequently Asked Questions

Is it important to receive therapy?

A stroke can leave a person with measurable cognitive or physical challenges. Therapy is the best way to maximize recovery after a stroke.

Will I receive a home assessment?

Yes, most facilities offer this however if it has not been mentioned to you, you can inquire whether this would be something you are eligible for.

Am I only eligible for therapy services every calendar year?

Every insurance policy is different. Most insurance companies will re-evaluate your care partner each year your insurance benefits renew.



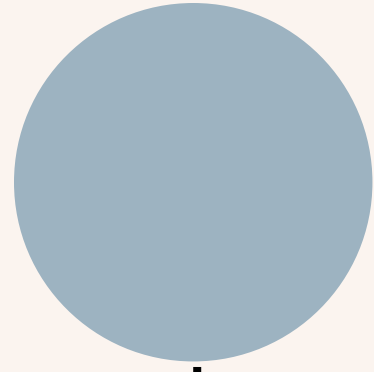
Frequently Asked Questions

What is caregiver training?

Just before your care partner is ready to go home, the therapists that work with them will determine if they need help at home for certain aspects of their care. The areas they will cover can range from walking, to stairs, to putting on clothes, helping with meals, shower/helping them in the bathroom, and more. If you haven't received any training, it is always worth asking if you will benefit from it.

What is a family meeting?

Some facilities offer a meeting with the doctor, social worker, nurse, therapists and family members. Here they cover your care partners recovery so far, and what to expect upon discharge.



Let us know if you would like us to add more!!

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📷 lumivecare