How do I Advocate for My Loved One with Dementia While They are in the Hospital?

Discharge Notes

- Planning: Start early, work with case management, determine legal decision maker

- Common options for discharge
  - Long term acute care facility (LTAC)
    - For most medically complex
    - Very few locations
  - Rehab
    - Inpatient vs sub acute (SAR): intensity of rehab
  - Skilled nursing facility (SNF)
    - Nursing homes
  - Assisted living facility (ALF)
    - Independent living with check ins
  - Home, no resources
  - Home healthcare (HHC)
    - Nursing, PT, OT, ST, wound therapy
  - Home hospice

- Next steps
  - Update PCP
  - Further planning, whether in facility or at home
  - Decline in physical function

Post acute complications

- Decreased/loss of function
  - New equipment, increased dependence, mental health effects
- Changes for caregivers
  - More appointments, new therapies, medication changes, new equipment, etc.
- **FALLS**
  - Huge problem for aging adults
  - Prevention is key!
    - Resources
      - www.nghs.com/injury-prevention
      - legacylink.org/
      - www.cdc.gov/steadi/index.html
      - www.ncoa.org/aging-well/