



# Discharge Planning After Spinal Procedures

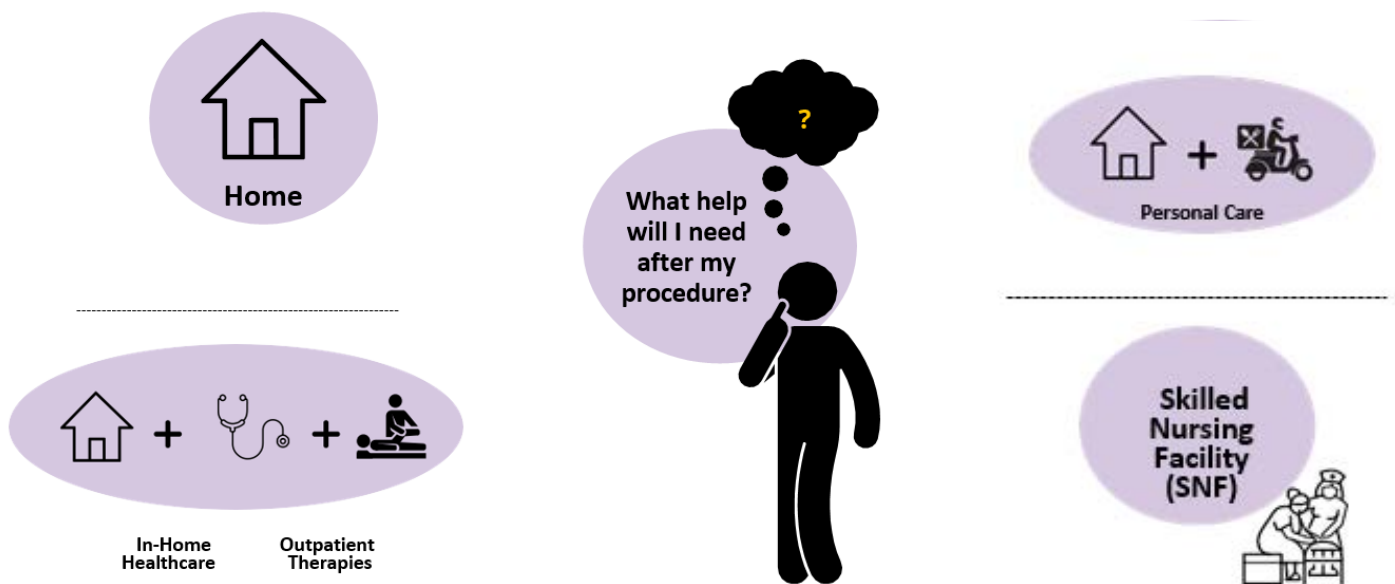
## Planning for support at home

*This handout reviews different types of care you may need after a spinal procedure, a checklist for planning your return home, and resources.*

### What help will I need after my procedure?

Your care team will help you make decisions about the care you will need after you are discharged. Your discharge plan may include any of the options below. Your health insurance company must agree to pay for any additional skilled care outside the hospital.

- **Skilled nursing facility (SNF):** An SNF is a facility where you stay 24 hours a day. You must have 24-hour nursing and daily rehab needs to qualify. An SNF is like a bridge between the hospital and home.
- **In-home healthcare:** Sometimes you need continued skilled care (nursing and therapies) after you leave the hospital. If you are unable to go to a clinic for these services, you may be able to receive in-home care from a medical professional.
- **Outpatient therapies:** This may include going to a rehabilitation clinic for physical, occupational, or speech therapy.
- **Personal care:** If you expect to need extra help at home (with cooking, cleaning, or transportation), these services are **not** covered by insurance. You will need to arrange and pay for them directly.



## Return Home Checklist

Most people can return home after their procedure. Being prepared is key to make your return home a success. Use the checklist below to prepare.

### I have a responsible adult who can:

- Help me get in and out of chairs
- Help me use the toilet and bathe
- Get food and prepare meals for me
- Help with incision hygiene and taking care of my bandages
- Drive me to appointments

### My home is prepared:

- I can easily get in and out of my home:
  - The path to the entrance is clear
  - There are no stairs to the entrance (or only a few stairs)
  - If there are stairs, they have handrails
- I can easily get to the toilet:
  - I have a raised toilet seat or grab bars to help me, if needed
  - The path to the bathroom is clear
- I have 7 days' worth of prepared meals (this may include frozen meals) OR someone will prepare meals for me for 7 days
- I have removed any rugs or cords that may be a trip hazard
- I have 2 to 4 weeks of my medications

### I have a plan for transportation home:

- Personal vehicle (a responsible adult must drive you)
- Taxi, bus, or rideshare (such as Uber or Lyft) that you will ride with a responsible adult
- If you took a plane to Seattle for your appointment, be sure you have a plan to fly back home with someone who will help you

If you have any questions or concerns about preparing to return home after surgery, please ask your provider to connect you to our social work team. Planning for surgery takes a team, and we are here to help!

## Additional Resources

There is a lot to do to prepare for your surgery. After surgery, our goals are for you to return home from the hospital, improve your mobility, and decrease risk of infection. Reaching these goals depends on your individual condition and how your surgery went.

Use your phone camera to scan the QR code to the left for more information to make sure you are prepared to return home.



*Scan this QR code for more information about preparing for discharge.*