

## **Bree Difficult to Discharge**

March 16<sup>th</sup>, 2023

### **Key Terms Glossary**

#### **Difficult to Discharge:**

Patients with complex problems and issues that result in labor-intensive discharge planning or extended length of stay beyond a pre-established benchmark.

### **Post-Acute Care**

#### **Post-Acute Care:**

Post-acute care is an umbrella term covering short-term services after an inpatient hospital stay. Patients in post-acute care are too stable to be admitted to the hospital but not stable enough to be discharged home. Follow-up services offered in post-acute care can include physical therapy, wound care, or long-term services. The four main settings for post-acute care are (1) long-term care hospitals, (2) inpatient rehabilitation facilities, (3) skilled nursing facilities, and (4) at home through home health agencies.

#### **Post-Acute Care Settings**

##### **Long-term care hospitals (LTCH):**

Long-term care hospitals provide extended medical and rehabilitative care to individuals with complex medical problems.

##### **Inpatient rehabilitation facilities (IRFs):**

Inpatient rehabilitation facilities are free standing rehabilitation hospitals or units within acute care hospitals. They provide intensive rehabilitation programs, at least three hours of intense rehabilitation services a day.

##### **Skilled nursing facilities (SNFs):**

Skilled nursing facilities are facilities focused on providing short-term care for patients to regain the ability to resume the activities of daily living after an illness, injury, or procedure.

##### **At Home/Home Health Agencies**

In-home care services help those who need assistance to live independently, including services for older adults, chronic health issues, recovery, or special needs. A variety of agencies offer home health services.

#### **Other Post-Acute Care Services/Settings**

##### **Transitional Care:**

Transitional care encompasses a broad range of services and environments designed as an intermediate setting between inpatient hospitalization and post-acute care facilities.

### Medical Respite Care:

Medical respite care is acute and post-acute care for persons experiencing homelessness who are too ill or frail to recover from a physical illness or injury in unhoused environments, but who are not ill enough to be in a hospital. Respite is a short term service often as a transitional step to a shelter or transitional health program.

### Specialty Units:

Specialized units or homes that provide specialized rehabilitation or long-term care services. Includes memory care units for people living with Alzheimer's or dementia and Brain Injury Units for people recovering from traumatic brain injuries.

### Hospice:

A special kind of long-term care that focuses on quality of life services for people living with an advanced or serious illness with an anticipated life expectancy of 6 months or less.

### **Long-term Care:**

#### Long-Term Care:

Long-term care is an umbrella term covering short or long-term care designed to meet personal health care needs. In general, long-term care is provided to help people with activities of daily living. Long-term care is related to post-acute care, but is generally due to ongoing health conditions, disability, or aging.

Some settings can provide both post-acute and long-term care, such as skilled nursing facilities, home health, or hospice care. Other settings provide dedicated long-term care services.

### **Other Long-Term Care Services/Settings:**

#### Pediatric Group Homes

Pediatric group homes provide care for medically fragile, medically complex, and/or behaviorally complex children, teens, and young adults that can provide 24-hour nursing care in a small group home setting.

#### Adult Family Homes:

Adult family homes are community based residential settings licensed to care for up to six non-related residents. They provide 24-hour care and services to help with activities of daily living.

#### Assisted Living Facilities:

Assisted living facilities provide housing for elderly or disabled people with nursing care and other assistance for activities of daily living. Residents of assisted living facilities require less nursing care and assistance than residents of skilled nursing facilities.

#### Nursing Homes:

Also known as skilled nursing facilities, nursing homes can provide both post-acute care and long-term care depending on patient needs.

#### Supportive Housing:

Supportive housing combines non-time-limited affordable housing assistance with wrap-around supportive services for people experiencing homelessness as well as other people with disabilities. Supportive services may include health care or social services.

#### Continuing Care Retirement Communities:

Also called life care communities, continuing care retirement communities (CCRCs) offer different levels of long-term care services in one location. This may include independent housing, assisted living, and skilled nursing care all on one campus.

#### Hospice:

A special kind of long-term care that focuses on quality of life services for people living with an advanced or serious illness with an anticipated life expectancy of 6 months or less.