

Aging and Long-Term Support Administration

Preparing to Transition from a Nursing Home



You have access to a number of professionals who can help you prepare for a smooth and successful transition into a home- or community-based setting. This transition may be temporary if you are visiting family for a specified period of time. Or it may be that you want to transition permanently to another setting such as a licensed residential setting or a private home.

Professionals at your facility can:

- Arrange a home safety assessment
- Order equipment and refer you to vendors
- Assist with finding community settings
- Arrange training for you and your family member, if needed (insulin, transfers, skin care, medication management)

A Home and Community Services nursing facility case manager can:

- Talk about your options
- Assist with finding community settings
- Authorize services you need at your new location
- Complete an assessment to determine your eligibility for services
- Support your choices in services, settings and the direction of your transition plan
- Problem solve and work through challenges

If you are transitioning from a nursing facility to your own home or the home of a relative or friend, you may be eligible for services and supports. Your case manager can help you understand which services you may be eligible to receive. For a list of some of the services that may be available to you, see the back side of this flyer.

Talk to your case manager or contact Community Living Connections at 1-855-567-0252 for more information about services available to you.

HOME- AND COMMUNITY-BASED SERVICES

Your nursing facility case manager can help you determine which home- and community-based services are available to you. These are only some of the many services for which you might be eligible.

FAMILY CAREGIVER SUPPORT

If you will have a family member providing regular care, they may be eligible to receive support such as respite care and training.

PERSONAL CARE PROVIDER

If you need help with daily activities such as preparing meals, managing personal care (like bathing or dressing) or housekeeping, you may be able to receive assistance from a personal care provider. You may also be able to hire someone you already know, like a family member or friend, to become your paid provider.

COMMUNITY CHOICE GUIDE

A Community Choice Guide can also help you transition from a skilled nursing facility to the setting of your choice by providing intensive one-on-one relocation support. The support of these guides might include:

- Locating and arranging housing
- Arranging for your physical move
- Setting up your new home
- Providing training and education to help you access services in your new community

CLIENT TRAINING

Training can be provided to you or your caregiver(s) when further information or skills are necessary to effectively carry out your care plan or assist you in managing behaviors.

HOME MODIFICATION & ASSISTIVE TECHNOLOGY

Modifications may be added into your home to help you adapt to your changing needs safely. Examples of modifications include ramps, grab bars in the bathroom or widened doorways for wheelchairs. You may also be able to get other technology that increases your independence or substitutes for human assistance, specifically with personal care, household or health related tasks.

HOME-DELIVERED MEALS

You can receive nutritious meals delivered to your home.

PERSONAL EMERGENCY RESPONSE SYSTEM (PERS)

These electronic devices allow you to summon help in an emergency.

SKILLED NURSING CARE

If you need skilled nursing care such as regular injections or wound care, you may be able to receive in-home assistance from a nurse or other health care professional.

COMMUNITY RESOURCES

You may also be able to access services and supports in your community. Those services and supports include:

- Adult day centers
- Adult day health
- Companion services
- Senior centers
- Transportation