

## What is “transitional care” and when might you need it?

In short, “transitional care” is a bridge between the hospital and home. It usually involves a combination of skilled nursing care and rehabilitative therapies in a facility called a Transitional Care Center, a TCU (Transitional Care Unit) or a Short Term Rehabilitation Unit. The Transitional Care Center at Episcopal Church Home is such a facility.

Typically, patients are admitted directly from the hospital with their doctor’s orders for inpatient stays. They are referred for a variety of reasons:

- **Orthopedics.** Hip/knee replacements, neck and back pain surgeries, fractures and amputations.
- **Pulmonary.** Chronic Obstructive Pulmonary Disease, Pneumonia and blood clots.
- **Cardiac Events.** Heart attack and angina.
- **Spinal Cord Injuries.**
- **Traumatic Brain Injury.**
- **Neurologic.** ALS (Lew Gehrig’s Disease), Parkinson’s, Multiple Sclerosis and Stroke.
- **Diabetes.** Type I and Type II.
- **Deconditioned States** such as Cancer, HIV, AIDS and failure to thrive.
- **Post Medical/Surgical.** Wound care, IV for hydration/antibiotics, MRSA, VRE and pain management.

While staying in the Transitional Care Center at Episcopal Church Home, patients work hard with our nursing and rehabilitation staff to regain their strength. They usually stay in one of our cozy private rooms (with their own private bath) and follow a daily regimen of physical, occupational and/or speech therapies for anywhere from one to three weeks (depending on their condition). Throughout their

stay at Episcopal Church Home, patients are offered the opportunity to participate in a variety of activities and worship services, and they get to order three delicious, nutritionally balanced meals a day (with snacks in between) from a menu in their room.

When patients need additional therapy after they are well enough to go home, we can provide it on an outpatient (they come to visit us) basis.

How do patients pay for transitional care services? Most have medical insurance (Medicare or private insurance policies), and the condition for which they were hospitalized qualifies them for transitional care coverage. Others receive medical assistance from Minnesota, or pay privately for their care.

At some point, most of us are going to need some transitional care. When that time comes, the thing to remember is that each of us has the right to choose where we go to receive that care.

Another thing to remember is that over 95% of the patients we’ve served say that they would recommend our Transitional Care Center to their friends.



The Transitional Care Center at Episcopal Church Home has its own separate floor and it's own separate staff. You can count on our team to do whatever your doctor prescribes to get you back to the rest of your life.