




Long Term Care Nursing Home Transition Program



Did you know that Staywell offers a program to help you or your loved one move back into the community?

Staywell knows that independent and safe living is important to you. We can help you learn your choices to make the best choice for you. Your options could be moving into an Assisted Living Facility (ALF), living with a relative or friend or moving into your own home. With the right supports in place, you can be safe, happy and healthy living in the community.

Nursing Home Transition Program Includes:

-  **A person-centered transition plan** created around your ideal living situation and unique care needs to help you feel right at home.
-  **A care team to help you** move out of the nursing home into an ALF, move in with relatives or live independently in your own home:
 - Meets with you monthly to help you meet health and transition plan goals.
 - Helps you identify services you will need when you return to the community.
 - Helps you identify affordable options based on your income and living preferences.
-  **A caregiver support program** to provide resources, training, education and emotional support to your live-in caregivers.

Transition Benefits and Resources

-  **Transition Financial Assistance:** You may* be eligible for up to \$5,000 per lifetime to make it easier to move out of the nursing home and back to the community. Funds are based on your unique needs and may be used for basic furniture, deposits, or utility set up.
-  **Connections to Community Resources:** You may access community resources through the Community Connections Help Line, **1-866-755-2192**.
-  **Transportation Services:** While looking for a place to live, you are eligible for rides to tour ALFs or apartments before you move. After you move, you can get unlimited rides to medical providers. You also get a limited number of non-medical trips to stay connected to the community. Ask your care team to learn more.

Services To Keep You Healthy In The Community On Next Page



Services to Keep You Healthy in the Community

- ✓ **Home Health Services:** Based on your unique needs, these in-home services may include personal care for hygiene help, home-making for light housekeeping, meal prep and laundry help and/or companion care.
- ✓ **Intermittent and Skilled Nursing:** If you need medical care, nursing care is available for needs such as bowel treatment, wound care, assistance with injectable medications and checking vitals.
- ✓ **Adult Day Care Services:** You may be able to attend an adult day care to join social events, if you live alone, or get extra attention while your live-in caregiver is not home.
- ✓ **Personal Emergency Response Systems (PERS):** If you live alone or are alone most of the day, you can wear an electronic device to call for help. This helps if you fall or have a medical emergency.
- ✓ **Home Accessibility Services:** Items such as grab bars, raised toilet seats, ramps or other medically necessary changes may help you live safely at home.
- ✓ **Participant Directed Option (PDO) Program:** In this program, you may hire and train your own trusted workers to provide home health services to you. Ask your care coordinator to learn more.
- ✓ **Assisted Living Facilities (ALF):** ALFs offer many services onsite. Your care team can help you find the right one based on your income and healthcare needs.

Staywell complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If English is not your first language, we can translate for you. We can also give you info in other formats at no cost to you. That includes materials in other languages, Braille, audio, large print and provide American Sign Language interpreter services. Call us toll-free at **1-866-334-7927** (TTY 711) Monday–Friday, 8 a.m. to 7 p.m.

ATENCIÓN: Si el español es su lengua materna, podemos brindarle servicios de traducción. También podemos proporcionarle información en otros formatos sin costo para usted, que incluye materiales en otros idiomas, braille, audio, letra de imprenta grande y servicios de interpretación de lenguaje de señas americano. Llámenos sin cargo al **1-866-334-7927** (TTY 711), de lunes a viernes de 8 a. m. a 7 p. m.

ATANSYON: Si lang matènèl ou se Kreyòl, nou ka fè tradiksyon an pou ou. Nou kapab ba w enfòmasyon yo tou sou lòt fòm ki pa koute ou. Sa gen ladan l literati ki ekri nan lòt lang, sou fòm Bray, fòm odyo, gwo karaktè epitou nou ofri sèvis entèprèt Langaj Siy Ameriken. Annik rele nou nan nimewo pou apèl gratis la. Ou ka kontakte nou nan nimewo **1-866-334-7927**. Pou TTY, rele **711**. Lendi-Vandredi, depi 8 a.m. jiska 7 p.m.