

# Preventing the Post-Hospital Slide



Zone ... The "Uh-Oh" Zone ... The "Uh-Oh" Zone ... The "Uh-Oh" Zone ...

## The "Uh-Oh" Zone ...

Nearly 1 in 5 older adults are readmitted within 30 days, mostly because of small issues at home that **SPIRAL INTO MAJOR SETBACKS.**

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Leaving the hospital should feel like progress, but for many seniors, it's the start of another decline.

Once home, routines fall apart, instructions are lost, and exhaustion sets in.

Watch for these common RED flags...

- ▶ Medications skipped or mixed up
- ▶ Meals missed or poor appetite
- ▶ Dizziness, weakness, or confusion
- ▶ Missed follow-up appointments

## Home Care: The Bridge Between Discharge & Recovery

Home care fills the critical gap by providing structured, hands-on support during recovery!

- ✓ Medication reminders & adherence checks
- ✓ Hydration & meal assistance
- ✓ Coordination with therapy or nursing visits
- ✓ Daily wellness check-ins to spot red flags early



Home care turns discharge instructions into real-life results!



Assisting Hands®

Home Care

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