

# Empowering Seniors & Families With Affordable, Person-Centred Care Support

A hospital stay can be overwhelming—for seniors and their families. From admission to discharge, uncertainty, complex instructions, and worry about what comes next can quickly build. **Returning home without the right guidance can be stressful—and at times, unsafe.** Many seniors leave the hospital sooner than expected, leaving families unsure how to manage recovery safely at home.

This is where **private, person-centred hospital discharge support is beneficial.** By addressing physical, emotional, cognitive, and social well-being, seniors transition safely and confidently back to their homes.

**Paired with private holistic home care support, this compassionate approach ensures seniors are safe and empowered to regain strength, confidence, and overall well-being.** Families gain reassurance knowing their loved one is monitored, guided, and supported every step of the way.

## Why Private Hospital Discharge Support Matters

Private hospital discharge support is a **vital step** in helping seniors recover safely and with dignity:

- Preventing readmissions: One in five seniors returns to the hospital within 30 days of discharge. Proper post-hospital support can prevent many of these returns.
- Bridging care gaps: Even excellent hospital care can leave gaps at home—unclear instructions, missed follow-ups, and lack of ongoing healthcare monitoring.
- Supporting families: Adult children and caregivers often feel overwhelmed. Person-centred guidance reduces stress and builds confidence.
- Promoting recovery and independence: Structured home care helps seniors regain strength, stay socially engaged, and maintain independence.

## How Private Hospital Discharge Support Helps

It provides **coordinated care for physical,**

**emotional, cognitive, and social needs:**

### 1. Personalized Transition Planning

- Advocacy at hospital discharge meetings ensures seniors' and families' needs are considered
- Clear explanations of medications, appointments, and recovery instruction
- Personalized care plans reflecting unique needs, wishes, values, and cultural preferences
- Family partnership builds trust and a supportive environment

### 2. Coordinated Care at Home

- Medication reminders and monitoring
- Assistance with mobility, bathing, meals, and daily activities
- Transportation to appointments and therapy
- Fall prevention and home safety assessments

### 3. Emotional, Cognitive & Social Support

- Compassionate companionship to reduce anxiety and isolation
- Certified memory care support for dementia or delirium
- Encouragement to stay socially active and mentally engaged

### 4. Family Guidance & Peace of Mind

- Educate families on recovery expectations
- Offer respite and overnight support
- Connect families to community resources and healthcare professionals
- Maintain ongoing communication for seamless care

**By addressing all these areas, private, person-centred hospital discharge support ensures seniors heal in a safe, nurturing environment while families feel reassured that their loved one is fully supported.**

## A Whole-Person Recovery Journey



*Returning home a hospital stay without the right guidance can be stressful and, at times, unsafe.*

**Recovery doesn't end at the hospital—it continues with compassionate, person-centred, private holistic home care.**

Without proper post-hospital support, seniors may experience medication errors, missed appointments, or confusion about care plans. Recovery slows, and readmission risk rises, adding stress to both seniors and families. With person-centred, holistic care, seniors feel safe, supported, and valued. Families gain reassurance and confidence, while recovery becomes smoother, faster, and safer. Independence, emotional stability, and quality of life are preserved.

## Conclusion

Person-centred, holistic post-hospital home care support is a **critical step in safe, well-rounded recovery.** It empowers

seniors to heal confidently at home while giving families peace of mind.

**Investing in private hospital discharge support ensures your loved one receives dignity, respect, and comprehensive care during one of life's most vulnerable transitions.**

*Seniors Choice For Care Inc., a trusted local and independent home care agency established in 2010, provides person-centred, holistic home care services including hospital discharge support. Visit us at [seniorschoiceforcare.ca](http://seniorschoiceforcare.ca) to learn how you can empower your loved one's hospital discharge and recovery at home.*



**Age in Place with Confidence, Dignity, Comfort, and Affordability!**

**PERSON-CENTRED HOME SUPPORT THAT NURTURES THE WHOLE BEING**

*Enhancing well-being and independence—empowering seniors to live fully, while partnering with families to provide compassionate, holistic care.*

**Companionship • Certified Dementia Care • Personal Care • Hospital Discharge Support**

**Specialized Home & Health Care**

Independent local home care agency established 2010



Call for a free home consultation: **604.551.8867** [www.seniorschoiceforcare.ca](http://www.seniorschoiceforcare.ca)