Meet Ravi. He Gets Ready to Bring His Mother Home.

Follow Ravi through an illustrative seven-Step Path as he prepares to help his mother at home after a hospital stay. A hospital could use this structure to prepare the family caregiver named in the discharge plan, reinforce the care tasks its team teaches, and help caregivers know who to call and where to find support for themselves.



Illustrative person (AI-generated)

Ravi

Age 47

His mother is coming home after a hospital stay.

A high school science teacher, he will help her each day around his work.

A care team could guide the next steps.

1

Video: Know what to expect

A short video from his mother's care team: what her first weeks at home may involve, the help she will need each day, and Ravi's part in her discharge plan.

2

Image: Review the care tasks

A picture guide to the tasks the team showed Ravi and practiced with him before discharge, such as helping her move safely, to look back on at home.

3

Document: Keep her medicines list

Her up-to-date medicines list: what each medicine is for and when she takes it, as her team instructs, to bring to every appointment.

4

Quiz: Know who to call

Practice which changes her team asked him to call about, and which signs mean calling 911 right away, such as chest pain, trouble breathing or sudden confusion.

5

Form: Check on his own health

A short self-check on his sleep, stress and own health, with the signs of caregiver strain to watch for, to bring to his own doctor.

6

Link: Find respite and support

Links to respite care, caregiver support groups and local services through the Eldercare Locator and his Area Agency on Aging.

7

Virtual Event: Join a caregiver check-in

A video check-in with her care team in the first weeks at home, to ask his questions and share how caring for her is going.

Path completed

Ravi can bring his questions to her care team and his own doctor.

Illustrative educational Path. Completion does not establish a clinical outcome.

Illustrative patient journey. For client and clinical review.