

Image



Care transitions occur when an older adult moves from one care setting or level of care to another. Care transitions can be difficult and stressful for both the patient and the family caregiver.

We're here to help. Please let us know if you have a question or feedback by emailing [info@seniornavigator.org](mailto:info@seniornavigator.org). Be sure to include your city, county, or zip code so we can better meet your needs.

## Care Transitions and Health Care

- One typical care transition is when there is a hospital discharge to nursing, rehabilitative, or home care.
- Communication between health providers and family caregivers is important to ensure smooth transitions.
- Care coordination can help make sure that the patient's needs are met during and after the care transition.
- Family members and caregivers can find the resources and information they need to connect with appropriate care transition supports and services.

## Key Articles

- [Meeting the Challenge of Care Coordination](#)
- [Geriatric Care Managers Advocate for Older Adults - and Their Caregivers](#)
- [The Emergency File Every Caregiver Should Create](#)
- [Make a Medical Plan and Hospital "Go Bag" During COVID-19](#)
- [Medicare's Nursing Home Compare](#)
- [Programs of All-Inclusive Care for the Elderly \(PACE\)](#)

## Tip Sheets & Tools

- [Next Step in Care: Guides and Checklists for Family Caregivers](#)
  - [Hospital Admission: How to Plan and What to Expect](#)
  - [Hospital-to-Home Discharge Guide](#)
  - [Home Care: A Family Caregiver's Guide](#)
- [Your Discharge Planning Checklist](#) (Medicare.gov)
- [Guidelines for a Hospital Stay: For Patient, Family and Caregiver](#)
- [AARP Home Alone Alliance Resources and Videos](#)

## Stay Connected

- [National Transitions of Care Coalition - Consumer Information](#)
- [Next Step in Care](#)
- [Well Spouse Association](#)
- [National PACE Association](#)
- [BeMedWise - Patient Information and Education](#)

## Your Local Programs

- [Virginia Area Agencies on Aging](#)
- [No Wrong Door Virginia](#) (Access-Options-Answers)
- [Virginia's Program of All-Inclusive Care for the Elderly \(PACE\)](#)

- [Virginia Pace Alliance, Inc.](#)
- [PACE Sites in Virginia](#)

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