

Northwest Colorado Care Transition Checklist and Commonly Needed Resources

Did I get written discharge instructions explained to me and my primary caregiver? Discharge instructions should include:

- Reason for admission, labs and diagnostics performed, procedures done, and important outcomes.
- Who to contact if we need assistance after discharge.
- What symptoms should we watch for and who should be called if we have concerns.
- Updated medication list and how to ensure all my providers have an updated list.
- Follow up appointments needed and scheduling those appointments (see regional resources).

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Do I understand my follow up treatment and health recovery plan?

- Where will I receive therapy services - home, or outpatient? Who will provide those services?
- Does insurance cover these services and/or what kind of costs should be expected? Does my insurance impact my choice of provider (i.e. choose in network providers)?
- How long will follow up treatments be expected to last? What is the expected outcome (be sure to share your goals and concerns)?

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What is my prognosis after hospitalization, and what types of assistance might be needed (especially if you are returning home to independent living, but also during care transition or if you will be residing in Assisted Living or other facility)?

- Functional status: Strength, ability to transfer safely, bathing, dressing, weakness, physical limitations.
- Household needs: How will I take care of the household including laundry, cleaning, shopping and meals (in compliance with nutritional needs/medical orders)?
- Transportation: Will I need rides to appointments or help with errands?
- Medication management: Do I know my medicine and why I need it? How will I get new medicine, discard old ones properly, manage a new medicine routine and communicate changes to all providers?

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Is my living environment safe given my current status/needs? This also applies to retirement communities and assisted living environments even though they are often already designed for accessibility and falls prevention.

- Do I need any special medical equipment? How I do I arrange to get the equipment? Do I need to pick up equipment and where can I do so? What is the cost? Does my insurance cover medical equipment?
- How safe is my physical environment? Have we completed a home safety/falls prevention checklist? (Contact us for a self-assessment/checklist).
- Do I have a personal emergency response system in case I fall or need to call for help?

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*If you have concerns about the safety of returning home, talk to the hospital discharge planner and ask that steps be taken to ensure a safe transition care plan. If you have further questions, please **contact your Primary Care Provider** or Northwest Colorado Health – (970)879-1632 in Steamboat or (970)824-8233 in Craig for assistance.*

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Contact Community Care Coordination Team for assistance with your care transition (staff can visit home, assess health goals, help connect with community resources, and assist with transporting to local medical visits if no other assistance is available): 812-7820

For Medicare & Medicaid (Dual Enrolled Clients) Care Coordination Assistance: 871-7603

| Routt County Services (970) area code | Phone # | Moffat County Services (970) area code | Phone # |
|---|--|--|---|
| Disability Assistance <i>Horizons Specialized Services</i> <i>Northwest Colorado Center for Independence</i> | 879-4466 871-4838 | <i>Horizons Specialized Services</i> <i>Northwest Colorado Center for Independence</i> | 824-7804 871-4838 |
| Financial Assistance <i>Routt County Dept. of Human Services</i> <i>Lift Up Steamboat</i> | 870-5533 870-0727 | <i>Community Budget Center</i> <i>Love INC.</i> <i>Moffat County Dept. of Social Services</i> | 824-7898 826-4400 824-8282 |
| Food <i>Routt County Council on Aging (senior meals & meals on wheels)</i> <i>Routt County DHS Food Assistance</i> <i>Steamboat/Hayden LiftUp of Routt County</i> | 870-0727 870-5533 879-0633 | <i>Boys and Girls Club</i> <i>Food Stamps (Moffat County DHS)</i> <i>Interfaith Food Bank</i> <i>St. Michael's Community Kitchen</i> <i>Sunset Meadows (senior meals & meals on wheels)</i> | 826-0411 824-8282 824-7355 824-3911 824-3660 |
| Health/Preventive Care <i>Northwest Colorado Health (FQ clinic/Public Hlth.)</i> <i>Steamboat Medical Group (private practice)</i> <i>Yampa Valley Medical Associates (private practice)</i> <i>Yampa Valley Medical Center (hospital/clinics)</i> | 879-1632 879-0203 439-2573 879-1322 | <i>Northwest Colorado Health (FQ clinic/Public Hlth.)</i> <i>Moffat Family Clinic</i> <i>The Memorial Hospital</i> <i>The Memorial Hospital Medical Clinics</i> | 824-8233 824-3252 824-9411 826-2400 |
| Home Health and Hospice Care Services <i>Northwest Colorado Health</i> <i>(RN, Caregiver, PT, OT, Social Worker, Spiritual Care)</i> | 871-7692 | <i>Northwest Colorado Health</i> <i>Centennial Home Care</i> | 871-7688 824-6882 |
| Housing <i>Casey's Pond Nursing Home & Assisted Living</i> <i>Grand County Housing Authority (Sec. 8)</i> <i>The Haven Assisted Living (Hayden)</i> <i>Yampa Valley Housing Authority</i> | 879-8855 725-3347 276-4484 870-0167 | <i>Columbine Apartments (HUD)</i> <i>Garfield County Housing Authority (sec. 8)</i> <i>Sandrock Ridge Nursing Home</i> <i>Sunset Meadows (seniors)</i> <i>The Haven Assisted Living (Hayden)</i> | 824-8127 625-3589 826-4100 824-3660 827-4484 |
| Medical Equipment <i>Willow Creek</i> <i>Aerocare</i> | 871-0991 878-5883 | <i>G&G Medical</i> <i>Aerocare</i> <i>Craig VFW (short term borrowing of equip.)</i> | 824-8347 878-5883 824-7145 |
| Mental Health/Substance Abuse (Medicaid) <i>Mind Springs Health crisis line 1-888-207-4004</i> <i>Mind Springs Health counseling appointment</i> <i>REPS (suicide prevention) crisis line</i> | 879-2141 846-8182 | <i>Mind Springs Health crisis line 1-888-207-4004</i> <i>Mind Springs Health counseling appointment</i> <i>REPS (suicide prevention) crisis line</i> | 824-6541 846-8182 |
| Medicaid Outpatient Therapy Services (PT, OT) <i>Yampa Valley Medical Center Sports Medicine</i> | 871-2370 | <i>The Memorial Hospital Rehabilitation Center</i> | 824-5992 |
| Transportation <i>Center for Independence (disabled)</i> <i>Routt County Council on Aging (seniors)</i> <i>Steamboat Springs Transit</i> | 871-4838 879-0633 879-3717 | <i>Center for Independence (disabled)</i> <i>Community Budget Center</i> <i>Housing Authority Transport (seniors)</i> <i>Steamboat Springs Transit</i> | 826-0833 824-7898 824-3660 879-3717 |
| Call for HELP Finding Regional Services | 211 | https://211.colorado.communityos.org/cms/home | |

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