

Planning for Discharge

Discharge planning, as defined by Medicare, is meant to be “a process used to decide what a patient needs for a smooth move from one level of care to another”. This process begins shortly after admission to an inpatient rehabilitation hospital. Every patient is assigned a social worker, who will begin by meeting with both the patient and their family. This initial evaluation focuses on obtaining a psychosocial history from the patient, including family and community resources that are available to assist once the patient is discharged. A weekly interdisciplinary team meeting will discuss the patient’s progress and determine the most appropriate discharge date and follow up services. The social worker will update patients and their family after each meeting. The social worker serves as a liaison between the patient/family and staff members when questions or concerns arise. Discharge planning is an ongoing process, with the ultimate goal of determining what follow up services are best for each patient when they are ready to leave inpatient rehab.

EQUIPMENT

Your therapists will assist you with your equipment needs for reentry into the community. If you cannot afford the equipment you will need at home, your social worker will assist in locating community resources that may be able to provide the equipment at no charge.

COMMUNITY RESOURCES

- **State**
 - Support Groups
 - The Brain Injury Association of Oklahoma is an excellent statewide resource that serves individuals with brain injuries, their families, providers and communities. They provide advocacy, referral resources including support groups, and educational opportunities for individuals and their families. To

contact the BIA-OK, call 800-765-6809 or 580-233-4363, or visit their website @: www.biaok.org.

- Jim Thorpe has a brain injury support group which is open to patients, their families, and caregivers. This group meets on the 4th Thursday of each month, in the Jones Education Classroom. The address is 4219 S. Western, OKC, OK. For more information, please contact Karen Bryan at 405-644-5381.

- Medicaid

- Medicaid is an assistance program. Medical bills are paid from federal, state and local taxes. It services low-income people of every age. Medicaid covers children, the aged, blind, and disabled, and those needing nursing home care. It is run by state and local governments. Individuals receiving SSI (Supplemental Security Income) may be eligible for Medicaid. Application for Medicaid can be made through the Oklahoma Department of Human Services County office in which the patient is currently residing. Your social worker can give you phone numbers of the local DHS office.

- **National**

- Social Security

- The Social Security and Supplemental Security programs are Federal programs that provide assistance to people with disabilities. Both programs are for individuals who have a disability and meet medical criteria. Supplemental Security Income (SSI) is a Federal income supplement program designed to help aged, blind, and disabled people who have little or no income. It provides cash to meet basic needs for food, clothing and shelter. Social Security Disability Insurance (SSDI) pays benefits to you if you are “insured”, meaning that you worked long enough and paid Social Security taxes. The

number of work credits you need to qualify for disability benefits depends on your age when you become disabled.

- Your social worker can assist you with the application process for disability. Individuals or families can begin this process by applying on line at www.ssa.gov, or by calling the Social Security Administration toll-free number @ (800) 772-1213. It is also possible to visit your local Social Security office for application assistance.
- Medicare
 - Medicare is a health insurance program for:
 - ~People age 65 or older
 - ~People under age 65 with certain disabilities
 - ~People of all ages with end stage renal disease
 - Medicare has 3 parts
 - Part A which is the hospital insurance
 - Part B which is the medical insurance
 - Part D which is the prescription drug coverage.
 - The Social Security Administration automatically enrolls everyone for Medicare two years after they have received their first disability (SSDI) payment. Questions pertaining to Medicare can be answered at the toll-free number 800-MEDICARE (800-633-4227), or by visiting the website www.ssa.gov. Your social worker can also answer question about Medicare, or direct you to the appropriate resource.

DRIVING

Survivors may have driving restrictions at the time of discharge from Jim Thorpe. Your physician and team members will discuss these restrictions with you and your family prior to discharge. If your physician decides that your driving skills should be retested, your social worker will give you information about the retesting procedure. This can include being retested at a state of Oklahoma driving license center, or attending a rehabilitation driving program.

- **Potential Services in a Driving Program**
 - Client evaluation
 - Classroom
 - Actual driving training
 - Recommendations for personal vehicle modifications
 - Follow-up evaluations
 - State testing
 - After a designated amount of hours with an individual, the instructor can usually tell survivors a) keep practicing on these things and come back, or b) I don't think you will be a candidate to be able to drive again.