

## HOW TO CHOOSE POST-ICU CARE

### The Six Most Important Questions to Ask When Choosing a Long Term Acute Care Hospital (LTCH) for Your Loved One after ICU

**#1: If it were your loved one, would you want them to be here?** No one can make the decision for you. While you are considering where your loved one will get the best possible care, it can help to ask your physician or discharge planner, *“If it were your loved one...?”*

**#2: Are tours or virtual tours available?** Family members need to trust a facility to maximize every opportunity for recovery, particularly when the patient is unable to communicate their wishes. Ask for a tour or virtual tour in advance to get a feel for how suitable the setting is to your loved one’s needs.

**#3 What is the training and education level of nurses?** Ask if nursing staff includes registered nurses and if they have specialized training in critical care. Registered Nurses, RNs, complete extensive training and rigorous board examinations to provide expert bedside care alongside physicians.

**# 4 What type of access do patients have to physicians and other specialists?** Ask if physicians are available on-site and if they include medical and surgical subspecialists, therapists and rehabilitation experts.

**#5 How are treatment plans developed?** Ask how treatment plans are developed at any facility you are considering. Your loved one will need a plan, and you’ll want to be aware of it, soon after admission.

**#6 How is discharge planning and insurance coverage addressed?** Ask who will be available to your family to help verify insurance benefits and answer questions about next steps in care. Each patient will need a discharge plan, and a plan for how insurance will cover it.

*Who will you trust to care for your loved one?*