

Destination: Home

During the COVID-19 Crisis, There's No *Safer* Place Than Home

In the wake of the COVID-19 pandemic, NorthShore has established new policies for the health and safety of our most vulnerable patients discharged from the hospital. Under normal circumstances these patients might recover at a group living facility such as skilled nursing, assisted living or memory care. But extraordinary times call for a well-considered approach to ensure a potentially healthier recovery for these patients in their own home.

The CDC recommends that self-isolation, physical distancing and being around fewer people can greatly reduce the risk for contracting COVID-19. Group facilities typically house more than 10 people, many of whom suffer from multiple underlying chronic conditions, and pose an increased risk of contracting the virus. The illness can be introduced by staff, visitors or incoming residents who may be positive for COVID-19 but are not yet experiencing symptoms. These group facilities have reported significantly higher fatality rates.

That's why this health emergency warrants a change in recommendation for our discharged patients. Due to the higher health risks these facilities pose to our most vulnerable patients, **the safest and healthiest place for your loved one to recover is at home.**

Full support in your home.

Through NorthShore or a home health provider of your choice, physical and occupational therapists, home health aides and/or nurses will come to your home during scheduled ongoing visits to assist your loved one with services they will need to speed recovery. NorthShore care managers and social workers will work with you and your family to ensure your loved one has the proper support and treatment for a safe and successful recovery.

There's no place like home.

We hear from many of our patients that being home after a hospitalization provides a psychological boost and promotes healing and rest when they are in familiar surroundings. This feeling of health and safety is only magnified during this pandemic.

Staying home saves lives.

Whether your loved one was admitted from their home or a group living facility, going directly home after discharge from the hospital rather than returning to the facility is the safest and healthiest choice during this crisis. Supported by home health care, there is no safer place than home for recovery.

For more information on COVID prevention and tips, go to northshore.org/covid19.