

Planning Your Discharge to a Skilled Nursing Facility (SNF)



As part of your plan to *discharge* (leave the hospital), your care team is recommending you go to a *Skilled Nursing Facility* (SNF) for a rehab stay. The goal is to find a place that meets your medical and personal care needs.

Important: This process needs to move quickly because spaces at SNFs can fill up fast. Making choices as soon as possible helps make sure you have:

- An easier and faster move from the hospital
- Continued access to the care you need
- Placement at one of the SNFs you prefer

Step 1: Choosing Possible SNFs

Your care team will find SNFs within 15-miles of the city or neighborhood you choose. We will give you a list that shows:

- Facilities that have accepted you
- Facilities that have said no



Step 2: Learning About the Facilities

You are strongly encouraged to:

- Call the facilities to ask questions
- Take in an in-person or virtual tour, if available
- Check the facility CMS (Medicare) Star Ratings on Medicare.gov. This website has information about the quality and safety of different facilities near you.



If you cannot do an in-person tour in 24 hours, video tours and phone calls are good options.

Step 3: Your Choice (Needs to Be Quick)

We will ask you or your representative to choose at least 3 SNFs that have accepted you **within 24 hours**.



Scan for a
digital copy of
this handout.

Step 4: Approval and Placement

When you make your choice, the care team will:

- Get insurance approval for 1 of your SNF choices that has a bed available
- Work with the SNF to set up your transfer



Step 5: Moving to the SNF

Once insurance is approved and a bed is ready, your care team will:

- Finalize your medical discharge orders
- Prepare your medical records and prescriptions



We will talk with you and your family about transportation to the SNF. If you cannot go in a car with family or friends, we will help make other transportation plans.

On the day of discharge:

- You will get instructions about your medications, follow-up visits, and ongoing care.
- Make sure your belongings are packed and ready.
- We will tell the SNF what time you will arrive, and they will be ready to continue your care.

If you have any questions or concerns, please talk with your care team - we are here to help.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.