

Easy Read Summary:

Things that will help people to leave the hospital



**This is an Easy Read of a report called:
Supporting Alternate Level of Care (ALC) Patients
with a Dual Diagnosis to Transition from Hospital
to Home: Practice Guidance**

What is this report about?

Sometimes, people can't leave the hospital even if they don't need help anymore.

This is because they don't have the right home to go to.



When people are in the hospital longer than they need to be, they are called "*Alternate Level of Care*".

For short, this is called "ALC".



This report is about how to help people move out of the hospital who are ALC and have a dual diagnosis.

A dual diagnosis is when a person with a developmental disability also has a mental illness.



What did we do?

We learned about people who are ALC with a dual diagnosis.



We read about what other provinces and countries have done about this. We also read lots of research articles.



Then, we talked to experts to learn more. We talked to people:

- With disabilities and their families.
- Who work in hospitals.
- Who support people with disabilities in the community.



Important things to know about moving from the hospital to a home

A hospital is not a person's home.



Everyone should live in a home that is right for them with the right kind of help to meet their needs.



People with disabilities have the same rights as all other people, to be treated with dignity and respect.



Everyone needs to work together to come up with a good plan to leave the hospital.



10 steps for leaving the hospital

There are 10 steps that are very important to help people move out of the hospital.

Next, we will explain each one.



#1 Good communication

A lot of different people are involved in planning a transition. It is important that they all talk to each other so everyone knows what is going on.

They also need to communicate with the person with a disability and their family.

People communicate in different ways. The care team needs to communicate in the way that works best for the person.

"Let's use pictures to show what we are talking about."



#2 Learn about the person

The hospital team will ask lots of questions to learn about the person.

They might ask about the person's health, medications, equipment needs and lots of other things.

This may take lots of time.

Different people on the team may ask questions.

"This is a lot of questions to get to know me!"



#3 Include the person and their family

The care team needs to include the person with a disability in conversations and decisions about leaving the hospital.

If the person has family or other people who help them, they should also be part of the planning.



“I would like to speak next about an idea I have”

#4 Train and support caregivers

Doctors and nurses will take care of someone when they are in the hospital. But when the person leaves the hospital they might need help from other caregivers, like family and support staff.

The hospital needs to train caregivers so they can help support the person when they leave the hospital.



#5 Have a written plan

Everyone needs a written plan when they are moving out of the hospital.

It should include things like:

- Where the person will live
- Who will help them
- What medications they take
- What to do if something goes wrong
- Activities (work, volunteering, hobbies)
- Contact information for doctors and workers



"Here is my own copy of my Transition Plan!"

#6 Moving out of the hospital

Moving out of the hospital and into the community will take time.

It is a good idea for the person and the staff at the new home to meet and get to know each other before the person moves.

The person might even visit the new home to make sure it's a good fit and everything is set up just the way they like it.



*This room looks really nice
and has everything I need!*

I think I will like living here!



#7 Check medications

Before the person leaves the hospital, it is important to make sure there is a doctor or nurse practitioner who can check on their medications after they move into their home.

Sometimes changes are needed to medications, especially if a person has side effects.

A side effect is a problem that is caused by medication.



*"Are you having any **new problems** since you started this pill?"*

#8 Have a health care team

Before the person leaves the hospital, they should know who is going to help them with their health in the community.

Everyone needs a family doctor or nurse practitioner.

Some people might also need a psychiatrist or other health careworkers.

It helps when people work together – as a team.



"Hello, my name is..... My role is....."

#9 The right home

Different people need different types of homes. Some people like to live alone and some people like to live with others.

For some people, it is helpful to have staff who are there all the time to help. Some people only need staff some of the time.

Everyone should have a home that they like, that meets their needs and keeps them safe.

"Hello! I live here at the house too! It is nice to meet you. I look forward to you moving in!"



#10 Enough money

The government needs to make sure there is enough money to help people leave the hospital and live in the community.

Sometimes it is confusing to figure out how to get the money people need.

It should be less confusing and the care team should help the person and their family figure out the process.



"The government needs to arrange payment for things."

Article title: Supporting alternate level of care (ALC) patients with a dual diagnosis to transition from hospital to home: Practice guidance

Authors: Avra Selick, Susan Morris, Tiziana Volpe, Yona Lunsky

This guide was created by staff at the Health Care Access Research and Developmental Disabilities Program (H-CARDD) and CAMH.

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