



BOUTIQUE CARE
MANAGEMENT

ADVOCACY / EXPERTISE / COMPASSION

Planning for the Best Hospitalization

1. Advance Directives

- Establish these before you ever need to be in hospital
- Consider the POLST form (Physician Orders for Life-Sustaining Treatment) (<http://www.capolst.org/>)

2. Assign a medical advocate

- Consider a GCM (Geriatric Care Manager)
- www.BoutiqueCareManagement.com
- www.caremanger.org

3. Arrive at hospital with organized, type-written medical information which includes:

- Medical problem list
- Current medication list
- Allergies/reactions
- POLST form
- Advance Directive

4. Hire a sitter or caregiver

- San Diego county has several excellent caregiver agencies, or assign a family member to stay in the hospital during the nights
- Consider an APP from the iTunes store: inHomeCare - an interactive directory and referral platform for health care professionals and families in California
- Ask that they keep a log book of activities, timing of blood draws, medication administration, doctors etc and ask that they call you at end of the shift for report
- Make yourself known to the sitter: don't forget to acknowledge the day and night staff and remember, chocolate or cookies goes a long way!

5. Start Planning for discharge

- Do your own research
- www.canhr.org
- www.nursinghomeguide.org

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