



Catalina Island Health ACUTE TRANSITIONAL CARE



RECUPERATE ON CATALINA ISLAND



How long can I stay?

Individuals in our Acute Transitional Care Program can stay until all their therapy and rehabilitation goals are met. Patients can leave the Program early if their rehabilitation goals are met before 20 days. If you require care or therapy beyond that, it may be covered by your insurance, a co-pay may be required. Alternative care options may also be provided.

What are my activities?

We work with the patient and their care team to curate a set of personalized activities aimed to achieve optimal mobility. A monthly activities calendar and a list of standard activities is provided to everyone who begins the program. It is our goal create a rehabilitation experience that is enjoyable for every person. Patients can request activities and bring items from home if approved by their care team.

Can I leave the facility?

It is possible to leave for a few hours. However, patients are asked to contact a member of their care team so they can talk with a doctor about providing a pass.

Insurance coverage

Medicare and some commercial insurance plans:

- The first 20 days of care is covered at 100%, if there is a skilled service needed, provided, and accepted.
- If you require Acute Transitional Care stay of 21 days or more, a co-pay may be required. If you have supplemental insurance, it may cover your co-pay.

If you are unclear about the type of care you are eligible for under Medicare, it is important to ask your current discharge care team for assistance.

Road to recovery

Catalina Island Health started the Acute Transitional Care Program to provide skilled care that would help patients regain optimal strength and independence in a hospital setting. Acute Transitional Care allows patients to remain close to home for continued care rather than moving to a rehabilitation facility or nursing home.

Our Acute Transitional Care Program is ideal for those who are ready to be released from the hospital but need a little more time and special care to fully recover. This is often the case for those who have had a severe injury, joint replacement, stroke, head injury or other surgery.

CI HEALTH ACUTE TRANSITIONAL CARE PROGRAM cont.

Our services

Catalina Island Health's Acute Transitional Care Program provides a combination of 24-hour nursing services, rehabilitation therapies and individualized education for patients and families.

Who is on my team?

The Acute Transitional Care Program is spearheaded by an expert group of caregivers under our doctor's direction. Your care team may include the following:

- **Clinical Care Team.** This team is made of an attending provider and registered nurse who work together to develop the best care plan for your stay.
- **Physical Therapist or Physical Therapy Assistant.** These specialists will help with mobility and pain reduction using a variety of exercises.
- **Occupational Therapist or Occupational Therapy Assistant.** They help participant meet goals for daily living activities such as dressing, bathing, cooking, eating or maybe writing or using a computer. The primary goal is to promote independence, safety, and overall functional recovery so the participant can transition back to their home or long-term care settings.
- **Dietician.** Proper nutrition is key for recovery and good health. We offer nutritional support, education and, if necessary, custom diets to meet your dietary needs.

Who qualifies for this program?

All patients within our program must have a provider referral. Once a referral is made, our Acute Transitional Care Coordinator will look at your case to see if our program is a good fit for you.

How is this different from a regular hospital stay?

Our Acute Transitional Care Program is meant to be a personalized, hands on experience. We will help you get better and regain your highest level of independence. Patients get therapy and treatment based on their personal condition and personal recovery goals.

Like the hospital, you will receive around-the-clock nursing care overseen by a doctor. Best of all, you will be able to trade the hospital gown for your own comfortable clothes and a personalized setting that will feel more like home.

We encourage everyone to personalize their room and remain active and social. When you are not in therapy, you can spend time visiting with family and friends, playing cards, board games, or just relaxing. What is most important to us is that you feel comfortable and cared for as you recover.



CATALINA ISLAND
HEALTH

An affiliate of UCI Health

**Please contact us for more information
about the Acute Transitional Care Program.**

100 Falls Canyon Rd, Avalon, CA 90704
catalinaislandhealth.org/transitional-care

Pauline Acherman, RN, Case Manager
pacherman@ci-health.org

Office (310) 510-0700 ext. 258, Cell 310-490-1736

