



# Homeward Bound Care Guide: A Hospital-to-Home Discharge Resource Tool for Informal Care Partners of Older Adults

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## Introduction

**Complex hospital-to-home discharge (older adults)**

- Heavy reliance on informal care partners; complex care navigation demands
- Sandwich generation: Dual roles, increased strain
- Barriers: Poor communication, limited education → caregiver stress, low preparedness
- Gap: Few caregiver-centered discharge tools
- Key: Care partner-focused resources → smoother transitions, improved support



**Target Audience**  
Informal care partners  
of older adults



Scan to access  
the Care Guide



## Methods

### Plan & Procedure

- Reviewed existing discharge tools
- Designed care partner-focused guide
- Collected expert panel feedback
- Revised based on recommendations
- Published online

### Format

Free  
Printer-friendly  
Easy to download  
Accessible link online

[bit.ly/HomewardBoundCareGuide](http://bit.ly/HomewardBoundCareGuide)



## Discussion

### Implications

- Improves caregiver readiness
- Aids provider education
- Strengthens communication
- Expands community resources

### Limitations

- Limited to older adults discharged home
- Changes in resources and policies may affect applicability



## Aim

**Developed a care partner-centered hospital-to-home discharge guide**

- Prepare care partners for hospital discharge
- Support post-hospital care
- Self-care resources: Promote care partner well-being

**Ten expert reviewers and committee members:**

- Emphasized emotional support and real-world relevance
- Recognized for clarity, plain language, and actionable steps
- Potential to reduce caregiver burden and resource gaps



## Results

**Better-prepared care partners → safer transitions → fewer readmissions**

Addresses a critical gap in care partner-centered discharge support

### Recommendation

Periodic updates and effectiveness evaluation

### Dissemination:

Distribute and promote to hospitals, caregiver agencies, and senior centers



## Conclusion

## Acknowledgement



- Chair: Dr. Maria Carpiac
- Committee members: Alumni Frances Ginder and Professor Jesse Archer
- Expert panelists and MSG cohort

## For more information:

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