



THE TRACE PROGRAM™ OFFERS CARE TRANSITIONS

One goal - multiple care locations




With the advancement of healthcare options now available, an older patient with a health condition, injury or post surgery may require additional recovery time following a hospitalization. Often patients are not quite ready to return to their residence so planning a care transition is necessary. A care transition refers to a patient moving between multiple healthcare settings during the course of recovery. The transition usually initiates at the hospital after an illness or injury. Generally, the hospital case management staff assists the patient in selecting a healthcare option that will best meet the needs of each individual patient. Options may include rehabilitation, nursing centers or home healthcare services. The appropriate setting is determined that will best meet the patient's healthcare needs and then the transition begins from one healthcare provider to the next.

Often the transition from one place to another can be stressful and difficult to manage, especially when the patient is focused on recovery. In addition, the patient may feel overwhelmed during this period of time away from home. Having support during transitions can improve the patient's ability to manage transitions and achieve improved medical outcomes.

A coach may work with a patient on a one-to-one basis during the recovery process and through the care transition. The coach can provide patients with the tools and support to take a more active role in managing their medical care. This coach serves as a liaison and advocate for the patient however the coach is not a member of the patient's healthcare team. The support that the patient receives maintains their involvement and improves their understanding of the healthcare system.



The Elliot Health System now offers this support system for patients making healthcare transitions during their medical recovery. If you are interested in learning about this program and receiving additional information please call the Elliot Senior Services at 603-663-7056 and ask about the TRACE Program™ – Transitions Across different Care Environments. 

 *Elliot Senior Health Center*