



Care Plan Inc.

The Concierge Standard in Care



Your Complete Guide to Safe Recovery at Home

Clinical Excellence for Birmingham, Bloomfield
Hills & Grosse Pointe Families



**AWARD-
WINNING CARE**

Recognized by state
healthcare associations



**15+ YEARS
EXPERIENCE**

Serving Metro Detroit
families



**LICENSED
PROFESSIONALS**

RNs, LPNs, CNAs, and
MSWs on staff



WWW.CAREPLANINC.COM

THE CARE PLAN INC. DIFFERENCE

We understand that the transition home from the hospital is one of the most vulnerable times for you and your loved one. We specialize in post-hospital transitional care throughout Southeast Michigan.



CLINICAL EXCELLENCE

RN, LPN & MSW supervised care plans ensure professional oversight and safety.



24/7 AVAILABILITY

Always here when you need us most with immediate clinical consultation



FAMILY-CENTERED

Personalized care plans designed around each family's unique needs

SARAH'S TRANSFORMATION



“ I went from panic to peace of mind in one phone call.”

Sarah, Birmingham

Sarah got the call at **2 PM on a Tuesday**. Her 78-year-old father was being discharged from Henry Ford West Bloomfield after cardiac surgery - **tomorrow**. As a working mother in Birmingham, she felt overwhelmed by the 18-hour deadline to arrange everything.

Then her neighbor mentioned **Care Plan Inc.** Within an hour, Sarah was speaking with one of our RNs who walked her through every discharge detail, coordinated with the hospital team, and had a CNA ready to start the next morning.

Sarah's Journey



2 PM Tuesday

Panic: 18-hour deadline



3 PM Tuesday

Called Care Plan Inc



4 PM Tuesday

Complete plan in place



Wednesday AM

CNA ready at discharge

FEELING OVERWHELMED BY DISCHARGE PLANNING?

Our clinical team offers complimentary guidance calls to help you navigate this critical transition.

[Request a Consultation](#)

Or call us directly at (313) 982-3795

THE FOUR PHASES OF RECOVERY

As an adult child managing your parent's post-hospital care, you're facing one of the most stressful and critical periods in their recovery. The decisions you make in the next 14-30 days can determine whether your loved one thrives at home or faces complications that could lead to readmission.



PHASE 1

HOSPITAL PLANNING

Before Discharge

Pre-discharge

Essential questions, medication reconciliation, home safety assessment



PHASE 2

CRITICAL STABILIZATION

First 48 Hours

Days 1-2

Immediate priorities, medication setup, emergency preparedness



PHASE 3

ACTIVE MONITORING

Days 3-14

Daily wellness tracking, warning signs, nutrition focus



PHASE 4

TRANSITION TO INDEPENDENCE

Days 15-30

Independence milestones, emotional wellness, long-term planning



PART 1

BEFORE DISCHARGE

Hospital Planning Phase



ESSENTIAL QUESTIONS FOR THE MEDICAL TEAM

Before leaving the hospital, make sure you understand the full picture of your care plan, including what to expect and how to manage the recovery at home.



Questions to Ask Before Discharge:



What is the exact diagnosis and what can we expect during recovery?



What medications have been prescribed and what are their purposes?



Are there any activity restrictions? For how long?



When are follow-up appointments scheduled?



What symptoms or changes require immediate medical attention?



Who should we contact with questions after discharge?



MEDICATION RECONCILIATION CHECKLIST

It's important to create an accurate, up-to-date medication list so nothing gets missed or duplicated during the transition home.



Ensure You Have:



All new medications
with exact dosages and
frequencies



List of medications
that should be
discontinued



Special instructions (take
with food, avoid certain
foods, etc.)



Potential side effects to
monitor



Pharmacy information
and insurance coverage
verification

THE MEDICATION CRISIS AVERTED

When Linda's mother was **discharged with 8 different medications**, Linda felt overwhelmed by the complex timing and interaction warnings. She called Care Plan Inc. that afternoon.

Our RN, Maria, arrived **within 2 hours** to review every medication with Linda and her mother, set up a foolproof organization system, and coordinated with their Bloomfield Hills pharmacy for automatic refills.

“

Maria caught a potentially dangerous drug interaction the hospital missed. Without Care Plan's clinical review, Mom could have been back in the ER within days.”

Linda



QUESTIONS ABOUT MEDICATION MANAGEMENT?

Our RNs provide immediate guidance on complex medication regimens and potential interactions.

Request a Consultation

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HOME SAFETY PRE-ASSESSMENT

Ensuring your home is safe and accessible before discharge can prevent falls and reduce stress during recovery.



Safety Checklist:



Can the bedroom be accessed without stairs?



Are bathroom grab bars or shower chairs needed?



Are walkways clear of rugs, cords, and clutter?



Is lighting adequate in hallways and bathrooms?



Do you need equipment like a walker, commode, or hospital bed?



DOCUMENTATION TO OBTAIN

Keep these key documents in a safe and easily accessible location:



Documents:



Discharge summary



Complete medication
list



Doctor's orders and
restrictions



Insurance authorizations



All provider contact
information



PART 2

FIRST 48 HOURS

Critical Stabilization



IMMEDIATE PRIORITY CHECKLIST

The first 48 hours at home are critical—take these key steps right away to ensure a safe and stable recovery.



Essential First Steps:



Pick up all prescribed medications



Confirm first follow-up appointment



Complete home safety modifications



Post emergency contacts in visible location



Establish caregiver schedule if needed



MEDICATION MANAGEMENT SYSTEM SETUP

Having a reliable system in place helps prevent missed doses and medication errors, especially if multiple caregivers are involved.



Medication Organization:



Set up a pill organizer or medication system



Create a visual medication schedule



Set phone alarms or reminders



Start a medication log to track doses given



Arrange pharmacy auto-refills when appropriate

Care Plan Clinical Note: Our RN reviews all discharge medications with families within 2 hours of service initiation, ensuring proper organization and understanding of complex regimens.

THE 3 AM PEACE OF MIND



At 3 AM, Robert's father seemed confused and was trying to get out of bed. Robert panicked - was this normal post-surgery disorientation or a medical emergency?

He called Care Plan's 24/7 clinical line. Our RN talked him through a quick assessment, determined it was medication-related drowsiness, and guided Robert through safe repositioning techniques.

“

Knowing I had expert help just a phone call away made all the difference. I slept soundly the rest of the recovery knowing our CNA would be there in the morning and clinical support was always available.”

Robert

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FALL PREVENTION PROTOCOL

Falls are one of the most common post-surgery risks—make your home safer immediately with a few proactive adjustments.



Safety Measures:



Remove throw rugs and secure carpet edges



Install nightlights in bedroom, hallway, and bathroom



Keep assistive devices within easy reach



Clear pathways of any obstacles



Ensure phone is accessible from bed

EMERGENCY PREPAREDNESS

Know the difference between when to call the doctor and when to call 911—being prepared helps you respond calmly and quickly.



Call The Doctor For:



Questions about medications or side effects



Concerns about wound healing



Clarification on activity restrictions



New but non-urgent symptoms



Chest pain, pressure, or difficulty breathing



Signs of stroke (face drooping, arm weakness, speech difficulty)



Loss of consciousness



Severe bleeding

DON'T FACE MEDICAL EMERGENCIES ALONE.

Our clinical team provides 24/7 consultation for immediate guidance and peace of mind.

[Request a Consultation](#)

Or call us directly at (313) 982-3795



PART 3

DAYS 3-14

Active Monitoring Phase



DAILY WELLNESS TRACKING

Now that you're past the initial adjustment, it's time to keep a close eye on daily wellness indicators to catch any issues early and support steady progress.



Monitor and Document Daily:



General appearance and alertness



Appetite and fluid intake



Pain levels (scale of 1-10)



Sleep quality



Mood and engagement



Any concerning changes



WARNING SIGNS CHECKLIST

Some symptoms require immediate attention. Stay alert and don't hesitate to contact your provider if any of these red flags appear:



Urgent Warning Signs:



Fever over 100.4°F



Increased pain not controlled by prescribed medication



New or worsening swelling



Difficulty urinating or no bowel movement for 3+ days



Changes in wound appearance



Persistent nausea or vomiting



Confusion or significant behavior changes

THE WARNING SIGNS WE CAUGHT



To Margaret's family, her father seemed to be recovering well from his hip replacement. But during her daily visit, Care Plan CNA Jennifer noticed subtle changes: slower responses, decreased appetite, and slight shortness of breath.

Jennifer immediately contacted our LPN supervisor, who conducted an assessment and discovered early signs of pneumonia.

“

Our family would never have caught those warning signs. Jennifer's clinical training and our team's daily monitoring prevented what could have been a serious setback.”

Margaret, Grosse Pointe

Care Plan Clinical Note: Our CNAs are trained to recognize subtle changes that families might miss. Daily clinical monitoring during this critical phase prevents 89% of potential complications.

QUESTIONS ABOUT MEDICATION MANAGEMENT?

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NUTRITION & HYDRATION FOCUS

Healing requires fuel—make sure your loved one is getting the fluids and nutrients they need, even if appetite is low.



Daily Nutrition Goals:



Encourage adequate fluid intake (unless restricted)



Follow any dietary restrictions provided



Offer small, frequent meals if appetite is poor



Monitor weight as directed



Note any swallowing difficulties



ACTIVITY & THERAPY COMPLIANCE

Sticking to therapy and movement plans during this window is key to regaining independence—track what's being done and how the body responds.



Daily Nutrition Goals:



Prescribed exercises or physical therapy



Walking or activity goals



Rest periods as recommended



Use of assistive devices



Pain levels during and after activity



PART 4

DAYS 15-30

Transition to Independence



GRADUAL INDEPENDENCE MILESTONES

This phase is about rebuilding confidence and self-sufficiency. Begin watching for signs that your loved one is ready to take on more daily tasks.



Independence Indicators:



Personal care tasks
(bathing, dressing)



Meal preparation
abilities



Medication self-
management



Mobility and endurance



Decision-making and
planning



SOCIAL & EMOTIONAL WELLNESS

Recovery isn't just physical. Monitor emotional health and engagement, and step in with support if you notice withdrawal or mood changes.



Emotional Recovery Signs:



Interest in visitors and activities



Engagement in conversations



Sleep pattern improvements



Emotional stability



Motivation to participate in recovery

BUILDING CONFIDENCE TOGETHER



“

Care Plan didn't just provide care. They gave us a roadmap to independence and the confidence to know when Mom was truly ready to be on her own again. We went from 24/7 support to weekly check-ins, and now Mom is back to her book club and garden."

Eleanor's daughter

Three weeks after discharge, Eleanor wasn't just surviving her stroke recovery - she was thriving. Care Plan's team had gradually reduced support as she gained independence, but our MSW, Patricia, continued weekly check-ins to help Eleanor and her daughter navigate the emotional aspects of recovery.

READY TO ENSURE YOUR LOVED ONE'S SUCCESSFUL RECOVERY?

Let's create your personalized transition plan for sustained independence.

Request a Consultation

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SPECIAL CONSIDERATIONS BY CONDITION

Start preparing for what comes next—whether it's continued at-home care, follow-up therapy, or a transition to new support systems.



Planning Checklist:



Ongoing care needs
assessment



Equipment or home
modifications



Transportation for
appointments



Support service options



Future care preferences

CONDITION-SPECIFIC CONSIDERATIONS

Each recovery path is unique. Be sure to follow condition-specific recommendations to prevent complications and keep recovery on track.



Cardiac Event Recovery:

- ☐ Monitor blood pressure if directed
- ☐ Follow dietary sodium restrictions
- ☐ Take medications exactly as prescribed
- ☐ Report chest pain or shortness of breath immediately

Post-Surgical Recovery:

- ☐ Follow specific wound care instructions
- ☐ Adhere to weight-bearing restrictions
- ☐ Monitor for signs of infection
- ☐ Keep all follow-up appointments

Stroke Recovery:

- ☐ Watch for new neurological symptoms
- ☐ Support communication efforts
- ☐ Ensure safe swallowing
- ☐ Encourage prescribed therapies

Care Plan Clinical Note: Our team specializes in condition-specific recovery protocols, with clinical staff trained in post-surgical, cardiac, and stroke rehabilitation support.

When Professional Help Makes Sense

Consider professional support when:

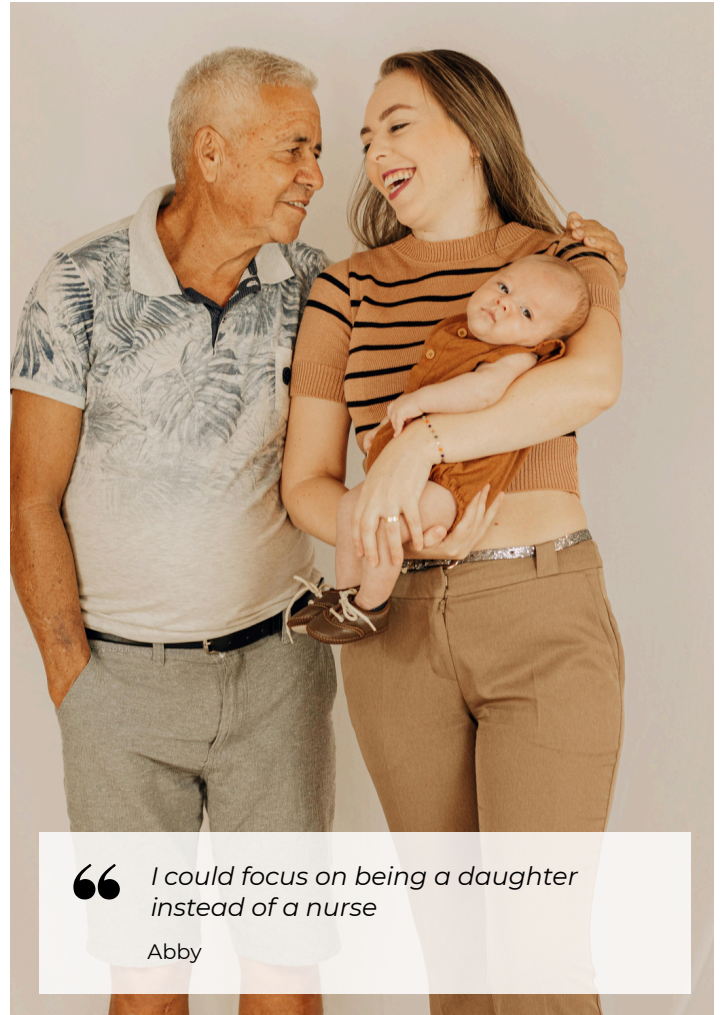
- ☐ Multiple daily care tasks become overwhelming
- ☐ Medical needs are complex or changing
- ☐ Family caregivers need respite
Safety concerns arise
- ☐ Recovery isn't progressing as expected

ABBY'S STORY

When Abby's 82-year-old father returned home after heart surgery, she felt overwhelmed by the responsibility. Within hours of calling Care Plan Inc., RN supervisor Jennifer was at their Grosse Pointe home reviewing discharge orders and creating a personalized care plan.

CNA Emma arrived the next morning and immediately established a medication routine, safety protocols, and daily monitoring system.

"I could focus on being a daughter instead of a nurse," Abby said. "Emma handled all the clinical details while Jennifer called me daily with updates. When Dad showed signs of fluid retention on day 5, Jennifer caught it immediately and coordinated with his cardiologist. What could have been a readmission became just a medication adjustment."



“ I could focus on being a daughter instead of a nurse
Abby

PROFESSIONAL OVERSIGHT THAT BRINGS PEACE OF MIND

With flexible scheduling and ongoing clinical supervision that keeps your family informed and connected to their healthcare team, Care Plan Inc. delivers the expert support you need for a safe, confident recovery.

Request a Consultation

Or call us directly at (313) 982-3795

READY FOR ADDITIONAL SUPPORT?

Schedule Your Complimentary Transition Consultation

Let our clinical team assess your unique situation and provide personalized recommendations for your loved one's recovery journey.

Our transitional care services include:

- ✓ Assessment by our clinical team
- ✓ Customized care planning
- ✓ Experienced, compassionate caregivers
- ✓ Flexible scheduling to meet your needs
- ✓ Ongoing supervision and support

Request a Consultation

or call 313-982-3795



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Serving Birmingham, Bloomfield Hills, Grosse Pointe, and surrounding Southeast Michigan communities.

This checklist is for informational purposes only and does not replace professional medical advice. Always consult with your healthcare provider about specific care needs and medical decisions.