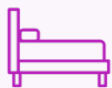


Medical Respite Discharge Guide

This guide helps hospital partners identify appropriate discharge settings for patients experiencing homelessness or housing instability. It outlines levels of care and referral pathways to support safe, effective discharge planning.



Medical Respite

Appropriate When the Patient:

- Medically stable for discharge but too ill for shelter
- Requires short-term recuperative care
- Independently manages ADLs
- Can participate safely in a shared setting
- Does not require 24-hour nursing care

Next Steps

- Submit referral packet with a clinical summary, medication list, screening for known active risks (suicidal, homicidal, or assaultive behavior), and relevant PT/OT notes.
- Provide 14 – 30-day medication supply
- Arrange transportation prior to discharge
- Referral decisions typically made within 48 hours



Emergency Shelter

Appropriate When the Patient:

- No longer requires medical care
- Independently manages medications and follow-up
- Can safely care for themselves
- Does not require wound care or monitoring

Next Steps

- Connect to shelter or housing resources
- Schedule follow-up care when appropriate
- Provide discharge medications and instructions



Nursing Facility

Appropriate When the Patient:

- Cannot independently manage ADLs
- Requires skilled nursing or overnight supervision
- Requires intensive rehabilitation services
- Requires continuous monitoring or transfer assistance

Next Steps

- Coordinate placement prior to discharge
- Consider housing needs during discharge planning
- Contact medical respite when safe placement is unclear



Mental Health Facility

Appropriate When the Patient:

- Requires psychiatric stabilization
- Has acute behavioral health symptoms
- Cannot safely participate in shared care settings
- Requires higher-level behavioral health support

Next Steps

- Request psychiatric evaluation prior to discharge
- Coordinate behavioral health placement
- Reassess for medical respite eligibility once stabilized