

Health System Benefits of Medical Respite Care



Health Requires Stability

Illness, injury, financial strain, and housing instability are often **deeply interconnected**. A serious health condition can make it difficult to maintain employment or housing, while experiencing homelessness can worsen health outcomes and make recovery more difficult. This **creates a cycle** that can be difficult to break without support and stability.



Cycle Adapted from NIMRC: "Homelessness and Health: What's the Connection?"

People experiencing homelessness often face barriers that make recovery after illness or hospitalization difficult, including inconsistent medication access, limited follow-up care, interrupted chronic disease management, and unstable recovery conditions.

A Healthy Recovery Requires:

- ✓ Healing Environment
- ✓ Continuity of Care
- ✓ Chronic Condition Management
- ✓ Medication Stability
- ✓ Rest & Nutrition
- ✓ Connection to Long-Term Stability

People experiencing homelessness often face higher rates of:



Chronic Illness

More than 2x the rate of chronic illnesses like diabetes and hyperlipidemia than the general population¹



Multiple Conditions

More likely to live with 2 or more chronic conditions than the general population²



Increased Risk

64% report new or worsening physical health conditions after losing housing³



Premature Mortality

3-4 times more likely to die prematurely by an average of 20 years⁴

Recovery Requires Respite



Medical Respite programs are uniquely positioned as partners to break the cycle of homelessness by providing care during recovery and supporting transition to long-term stability.

↓ **35%**

decrease in hospital admissions 1-year following medical respite program⁵

↓ **45%**

decrease in emergency room visits 1-year following medical respite program⁵

↓ **58%**

fewer inpatient days for those requiring hospitalization⁶



\$1.8B

Medical Respite programs were attributed to \$1.8 billion dollars in national healthcare system savings in 2023.⁸

Increased Outpatient Care Utilization

Medical Respite programs increase connections to outpatient care options including primary and behavioral health care. This reduces hospital utilization, decreases health system costs, and improves hospital efficiency.

"[Medical Respite] gave me a little bit more hope that I'd be okay, that I wasn't alone. It gave me the support that I needed."

- Former Medical Respite Program Participant



**Connect to
Learn More**

**Find a Medical Respite program near you at
IllinoisMedicalRespite.org**