

# THERE IS NO PLACE LIKE HOME

A Guide To Help You Return Home after a stay at a Skilled Nursing Facility.

*“I’m ready to go home.”*

Going home after a long stay at a skilled nursing facility will take some planning. This guide will help you plan your safe transition to home. You can make the choice to live as independently as you can with the right support.

## In this guide:

- Housing Options.
- Talk to people around you.
- Setting up a support system.
- Creating a Plan.
- Transportation options.
- Working with my doctor.

*“Independent Living is not doing things yourself;  
it is being in control of how things are done”*

*– Judy Heuman*



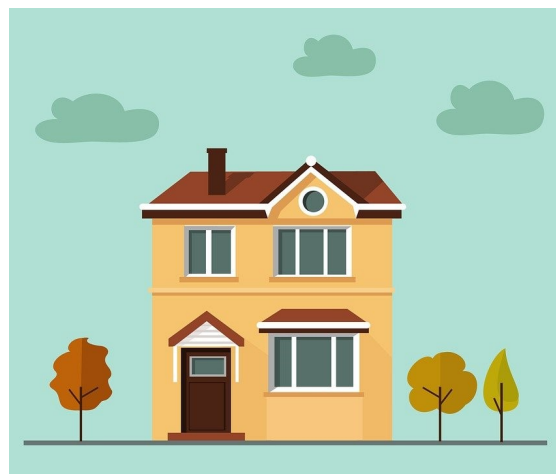
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[www.inlandempirecci.org](http://www.inlandempirecci.org)

# HOUSING OPTIONS

There are many housing options to think about.

## Questions to ask yourself:

1. Where will I live?
2. How will I pay for my home/ apartment?
3. How will my home need to change in order to be safe there?
4. Will I need additional support in the home?



- You can chose to live by yourself. If you need help in living independently, you might be able to get support like a caregiver to help you with personal care, household chores, or getting to a doctors appointment.
- If you prefer to not live alone, there are Room and Board homes available throughout the community. A Room and Board provides a room, food, and the utilities you need to live in the home. You have to pay for the Room and Board yourself.
- A Board and Care is a facility or homelike place you can live and receive support 24-hours a day. There is someone at the facility always available to help you get in and out of bed, dress, bathe, cook, clean, and take you to doctor appointments. Board and Care facilities may charge around \$1,200 a month so you will need to decide if you can afford it or if there are organizations that can help you pay for it. Medi-Cal has an Assisted Living Waiver program that may be able to help pay for the care received at the Board and Care.
- Residential Care Facility for the Elderly are similar to board and care but are only for seniors.
- If you need help with paying for a place to live, the Housing Authority in your County may have a program for you.

See Housing Resources on page 4

# WHO DO I TALK TO BEFORE I MOVE?

Talking to the right people will help you plan your move.



## Questions to ask yourself:

1. Who can I share my plan with?  
Family, friends, neighbors, pastor?
2. What should I tell my doctor?
3. What should I tell the Discharge Planner at the skilled nursing facility?
4. Should I tell my Care Manager at my health plan?

- Your family, friends and or pastor know you best. They can help you think things through and offer you good suggestions.
- Your doctor can help you plan your move and how to continue living safe and healthy.
- The nursing facility has a discharge planner that can help you plan your move. Make sure you tell them your wishes and your plan so they can get things ready for you to move.
- Your health plan care manager can provide help and support. Call your health plan and ask to speak to your care coordinator. If you don't have an assigned care coordinator, ask for one. They will be happy to help you.
- Set up a good support system. Who will call in case you need help, in case a caregiver does not show up, or in case of a natural disaster or emergency?

***“An hour of planning  
can save you  
10 hours of doing”***

See Transition Resources on page 5

# FINANCES AND SUPPORT SERVICES

## How will I take care of my basic needs?

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### FINANCES

How will I support myself?

How will I pay for moving expenses and how will I furnish my home?

What benefits do I have or qualify for?



### FINANCES

If you received or need to apply for benefits from the Social Security Administration (SSA), contact them and let them know you are planning to transition out of the facility.

If you receive benefits from SSA, you may also qualify for CalFresh to help you buy groceries. Call 1-8777-847-3663 to see if you qualify.

Need help applying for benefits or understanding support services? Call the local Center for Independent Living listed in the resources pages at the end of this document. They can help you understand what is available, how to apply, and also teach you how to live independently.

### SUPPORT SERVICES

The County In-Home Supportive Services can provide caregivers if it is not safe for you to be at home without help.

### TRANSPORTATION

Your city may offer fixed bus route service or door to door transportation. Your health plan may also offer transportation for medical appointments.

Call the local transportation provider or your health plan today.

See Finances and Support Services page 5

# HOUSING RESOURCES

You may qualify for some of these services. Call and ask today.

## San Bernardino County

Housing Authority of the County of San Bernardino

(909) 890-0644 <https://hacsb.com/apply-for-housing-assistance/>

Inland Empire United Way 2-1-1

<https://ieuw.org/211-san-bernardino/>

Support Services to help you live independently:

Rolling Start, Inc.

(909) 890-9516 <http://www.rollingstart.com/>



## Riverside County

Housing Authority of the County of Riverside

(951) 351-0700 <https://www.harivco.org/Tenant/tabid/56/Default.aspx>

Connect Riverside 2-1-1

(951) 686-4402 or 2-1-1 <https://connectriverside.org/>

Support Services to help you live independently:

Community Access Center

(951) 274-0358 <https://www.ilcac.org/>

# TRANSITION SERVICES

You may qualify for some of these services. Call and ask today.

Call your health plan or if you have a Medi-Cal/Medicare Health Plan, contact your plan below:

Inland Empire Health Plan <https://www.iehp.org/>

If you have Medi-Cal, call 1-800-440-4347

If you have Medi-Cal and Medicare, call 1-877-273-4347

Molina Healthcare of California <https://www.molinahealthcare.com/>

If you have Medi-Cal, call 1-888-665-4621

If you have Medi-Cal and Medicare, call 1-855-665-4627

Support Services to help you transition:

Rolling Start, Inc. (San Bernardino County)

(909) 890-9516 <http://www.rollingstart.com/>

Community Access Center (Riverside County)

(951) 274-0358 <https://www.ilcac.org/>

San Bernardino County Department of Aging and Adult Services

(909) 891-3900 [http://hss.sbcounty.gov/daas/Contact\\_Us.aspx](http://hss.sbcounty.gov/daas/Contact_Us.aspx)

Riverside County Office on Aging

(951) 867-3800 <https://www.rcaging.org/>

# COMMUNITY SERVICES

You may qualify for some of these services. Call and ask today.

## Transportation

### San Bernardino County

Omnitrans <https://omnitrans.org/>

(909) 379-7100

Victor Valley Transit <https://vvta.org/>

(760) 948-3030

### Riverside County

Riverside Transit Agency <https://omnitrans.org/>

(951) 565-5000

SunLine Transportation <https://www.sunline.org/>

(760) 343-3451



## In-Home Supportive Services (IHSS) - Caregiver Services

Department of Aging and Adult Services—IHSS

(909) 891-3900 [http://hss.sbcounty.gov/daas/Contact\\_Us.aspx](http://hss.sbcounty.gov/daas/Contact_Us.aspx)

Department of Public Social Services—IHSS

1-888-960-4477 <http://dpss.co.riverside.ca.us/adult-services-division/in-home-supportive-services>

# INLAND EMPIRE COORDINATED CARE INITIATIVE STAKEHOLDER ADVISORY COMMITTEE

The purpose of the Riverside and San Bernardino Counties CCI Stakeholder Advisory Committee is to provide an opportunity to give advice and suggestions on how health plans can develop and provide quality services that are accessible to seniors and people with disabilities.

The committee meets with Molina Healthcare and Inland Empire Health Plan throughout the year. The committee includes health plan members, their caregivers, doctors, advocates, and County and community organizations.

For more information, please visit [www.inlandempirecci.org](http://www.inlandempirecci.org)

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