



# LSS Healthy Transitions

*Coaching and support so you can remain at home*

## Successful Transitions from Hospital to Home



Lutheran Social Service of Minnesota offers coaching and support to help during the first 30 days after you return home from a hospital or care facility stay.

### How it Works

1.



**Within 72 hours of discharge**, a specially trained and certified LSS Community Health Worker (CHW) contacts you to schedule in-person or phone visits.

3.



The CHW communicates with your care coordinator to ensure a safe and healthy transition.

2.



**During visits**, you and the CHW create goals, review medications, and complete a home safety assessment. You also discuss community resources, nutrition, and upcoming medical appointments.

### Get Started Today

To learn more about how LSS Healthy Transitions can work for you or if you have any questions, please contact your care coordinator.



### Health Benefits for UCare Members:

- Stay healthy and independent.
- Remain at home and out of the hospital or emergency room.
- Get social connection and support.
- Feel safer at home.
- Nutrition tips.
- Plan for medical appointments.
- Learn more about medications.

### Benefits for Care Coordinators:

- The CHW collaborates with you to support the member.
- The CHW and member work together to reach healthy goals.
- The CHW saves you time. The CHW helps to find supplemental benefits and other resources for the member.

“ I am grateful for LSS Healthy Transitions. The CHW connected me to some great resources so that I can feel safe at home. I don't want to go back to the hospital if I can help it! ”

— 76-year-old LSS user

“ I connected with the CHW worker in a way that made me feel understood. I felt like she has gone through things, too. I could have gone on to have 11 more visits with the CHW, as she understood me so well. ”

— LSS user



Lutheran  
Social Service  
of Minnesota

