

Plan Your Lifespan: Hospitalizations

What You Need to Know



What if I am hospitalized?

A sudden hospitalization can cause weakness, confusion, and disrupt daily life. Planning ahead for recovery and discharge is important.

Rehab and Recovery Options

Many people are not able to return home immediately after being discharged. You may need physical therapy at a rehab center, skilled nursing facility, or at home, depending on your condition.



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*When I was discharged,
physical therapy was
essential to my recovery.*

– Bill

Challenges After Discharge

Common difficulties in the first few weeks after hospitalization include:

- Not having the strength to drive
- Feeling confused about routines
- Struggling to shop, cook, or manage medications
- Needing help with bathing, dressing, or hygiene



Support and **therapy** are critical
to regaining independence.

Plan Ahead for Emergencies

Recovery isn't just medical—

Plan for daily needs so others can help in an emergency.

Think about **who** will:

- Take care of pets
- Collect mail
- Mow the lawn or clear snow

Prepare a **quick-access** list with:

- Your primary doctor's name & phone number
- Emergency contact info
- Pharmacy details



Scan this QR code or click the link below to participate in the evaluation survey. A small incentive will be provided upon completion.

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For more information about KIMCHI and outreach and educational resources, please contact the study team with any questions or concerns you have about this study at (562) 977-4580 or email to kimchi@ucsf.edu.