

# Your Journey After the Hospital: How Post-Acute Care Can Help

Post-acute care (PAC) includes a range of services to address your goals and needs. PAC services can be provided at home, in an outpatient setting in your local community like a doctor's office or hospital clinic, or at a facility for a short-term stay like a nursing home. You can work with your healthcare provider to ensure that the care planning process meets the care goals that you and your family have set and that they are addressed in a comprehensive way.

## How Can Post-Acute Care Help Me?



### Post-Acute Care Can:

- ✓ Support recovery after a health event, usually for a limited-time period
- ✓ Help restore function and improve your quality of life
- ✓ Provide therapy such as physical or occupational therapy
- ✓ Provide services to address any mental health or substance use disorder needs
- ✓ Provide comfort care, palliative care (care that focuses on providing relief from pain and other symptoms of a serious illness), or end-of-life care
- ✓ Be provided at home by home health providers
- ✓ Be provided in outpatient clinics or doctors' offices
- ✓ Be provided at a facility such as a skilled nursing facility (SNF) or nursing home
- ✓ Be provided through virtual, telehealth appointments

Learn more:  
[PatientCareLink.org/AftertheHospital](https://PatientCareLink.org/AftertheHospital)