



The Care Transitions Intervention® is a program that will help you become more confident in managing your health condition and make sure that your needs are being met during your move from hospital back home.

This program is available to you at no charge to help you:

- Reach a personal goal that you choose.
- Understand and manage your medications better
- Help prevent you from being readmitted to the hospital
- Maintain the good care that you have been receiving in the hospital after you get home.

The Care Transitions Program is different from other services such as home health or physical therapy. You will be working with a Transitions Coach that does not provide skilled services (i.e. they will not take your blood pressure or dress wounds).

Instead, the Transitions Coach works with you and your family to help you become better prepared to take care of your health conditions now and into the future. This program focuses on you and any family member that you choose. Over 30 days, a Transitions Coach will visit your home and call you at times that are convenient for you for support.

If you have any questions, please call The ADRC of Monroe County Community Health Worker *Stephanie Haas* at 608-219-1710