

### *Alternative Level of Care*

Alternative Level of Care (ALC) is when a patient is treated for an acute treatment in a hospital. Once the treatment is complete the patient is unable to move to the next level of care. While these patients are in the hospital bed, it prevents new patients from being admitted to that hospital bed. There are multiple reasons why a patient can get caught in a bed that is not the right one for the care needed. Some factors as to why a patient ends up being in an ALC bed:

- Certain events happen in the patient's life before they enter hospital
  - Disease getting worse
  - Growing health problems
  - Social situation
  - Lack of connection with their family physician or team
  - Poor coordination of care between people who help with the patient's health care
  - Family situation
  - Money situation
  - Location to where the patient or family/friends lives)
- Practices during the hospital stay
  - Planning the client discharge home and working together as a team to ensure the care is right and at the right time
  - Care that supports physical strength and mental improvement
  - Family and caregiver available to support the client
- Options available after the hospital stay
  - Mistaken old beliefs or views of what place the client should go,
  - Family/friend support and available
  - Money and social situation

What we need to do in the next three years to reduce these ALC patients:

1. Better understand what situation these patient are living with
  - a. Who is there to care and support them?
  - b. What things are needed to help this patient live as long as they desire at home?
  - c. Understand what the patient wants.
2. Help educate people who work in health care.
  - a. Health team's perception can sometimes go against patient's wishes.
  - b. The need to understand all patients should be given the chance to return home after the hospital care.
3. Improve communication between the patient, their family and all the people who provide care
  - a. Patient's health goals need to be met
  - b. Ensure the patient doesn't get forgotten when they need support and care
4. Teamwork to make sure the patient's hospital care needs are met at the right time,
  - a. Plan the patient's discharge home on their admission to hospitals there is no waiting to go home