

NEWS RELEASE



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CAREGIVING PATHWAYS LAUNCHES PATIENT READMISSION PREVENTION PROGRAM

Family Caregivers Receive Instruction Before, During, and After a Hospital Stay

SANDWICH, MA (September 10, 2024) Caregiving Pathways announces a new program to help hospitals proactively reduce patient readmissions and financial penalties from Centers for Medicare and Medicaid Services (CMS).

The hospital-based Prepared to Care Program™ teaches patients' family members how to identify red flags that signal postdischarge health complications and address them at home to avoid a hospital readmission. The program promotes positive patient health outcomes by giving family caregivers the detailed guidance, instruction, and support they need to:

- Manage the complex postdischarge medical/nursing care they provide at home,
- Reduce gaps and problems during the transition from hospital to home, and
- Evaluate in advance the types of care a patient may not want in an emergency.

“At Caregiving Pathways, we’re equipping family caregivers to confidently provide postdischarge care at home that *keeps* patients at home. Family members face daunting tasks — they perform wound care, manage incontinence, and administer a multitude of medications. They need to learn what a successful recovery looks like compared with a red flag that signals a complication,” said Beth Suereth, the company’s family caregiving partner.

Suereth is a co-author of the AARP Public Policy Institute 10-paper publication series, [*Supporting Family Caregivers Providing Complex Care*](#).

“The time for questions like ‘What types of care are you comfortable with in an emergency?’ is before a health crisis happens,” said Sarah Todd, MD, MPH, the company’s new physician partner. “Our Prepared to Care program helps patients think through and share their care goals, values, fears, and preferences in advance.

“That means if a patient has a medical emergency and is unable to communicate, then patients, family members, and providers can avoid unproductive interventions, focus on honoring the patient’s wishes, and support the patient through the end of life with the best possible quality of life.”

Todd is also a board-certified physician in the emergency department at Falmouth Hospital on Cape Cod, part of Cape Cod Healthcare in Massachusetts.

“We based our structured program on data and our own professional and personal caregiving experiences,” said Suereth. “It helps everyone involved: patients, family caregivers, hospital staff, and administrators.”

She served as the writer for *Home Alone Revisited, Family Caregivers Providing Complex Care*, an AARP Public Policy Institute report. It reveals that only [58 percent](#) of family caregivers receive information about the care they will manage at home after discharge.

“Yet an AARP survey shows that most physicians (88%) note [outcomes improve](#) when they share information with family caregivers,” Suereth said. “National Institute of Health data show that family caregiver instruction is critical to [prevent readmissions](#) for older adults in particular. And a JAMA Network[®] [meta-analysis](#) finds that engaging family caregivers is associated with substantial savings to health systems.”

“We support family caregivers throughout their journey — not just with logistics,” Todd said, “but also with the family upheaval and emotional stress that comes with caregiving.”

The Prepared to Care Program is the new flagship product of award-winning [Caregiving Pathways](#).

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About Caregiving Pathways

Caregiving Pathways helps hospitals prevent readmissions by educating and supporting family caregivers. The award-winning company also helps individuals and families manage the challenges of family caregiving and end-of-life care and works with pharmacies, insurers, policy makers, and providers of legal and financial services to support their caregiving customers and employees.

Caregiving Pathways won the international Gold Stevie[®] Award for Women in Business for Most Innovative Company of the Year in 2020. The company is US-based. For more information, visit www.caregivingpathways.com.