QUESTIONS TO ASK

Questions to Ask: Hospital Discharge and Skilled Nursing Rehab

Bring this to meetings with the hospital case manager, the facility, and the therapy team. Check off each question once you have an answer. Goes with the videos **"Hospital Discharge to a Nursing Home? Know This FIRST!"** and **"PT vs OT vs Speech Therapy in Nursing Home Rehab."**

At the hospital, before discharge Ask the case manager

- [ ] Is my loved one admitted as an **inpatient** or under **observation**? How many inpatient days so far?
- [ ] Which skilled nursing facilities have a bed **and** are in network for our exact insurance plan?
- [ ] Why are you recommending this facility? Can we see the full list of options? (You have the right to be involved in choosing.)
- [ ] Can we call or tour a facility before deciding?
- [ ] When is discharge planned? If we disagree, how do we appeal? (Ask for the Important Message from Medicare.)

Choosing a facility Ask on the phone or on a tour

- [ ] How soon after arrival will therapy evaluate my loved one?
- [ ] How often will therapy happen, and for how long each session? Is there therapy on weekends?
- [ ] Do you have physical, occupational, and speech therapy on site?
- [ ] Who will be our main contact (social worker or case manager)? When is the first care plan meeting?
- [ ] Can we see your ratings on Medicare Care Compare? (Online reviews are a start, but visit if you can.)

Once therapy starts Ask the therapy team

- [ ] What are the goals for physical, occupational, and speech therapy?
- [ ] What does "ready to go home" look like for my loved one?
- [ ] Are you practicing the tasks they'll need at home, like stairs, the bathroom, getting in and out of bed, dressing, and bathing?
- [ ] Walking again is great, but can they do it **safely and on their own**, including at night?
- [ ] If progress has stalled: what's getting in the way, and can the plan change?
- [ ] Can family join a session to learn how to help safely?

Educational content only. Not medical, legal, or financial advice. Not affiliated with or endorsed by Medicare or CMS.
Rules and amounts are for 2026 and can change. Confirm with your plan, care team, or 1-800-MEDICARE.

Coverage and insurance Ask the facility and your plan

- [ ] Are we on Original Medicare or a Medicare Advantage plan? What's the exact plan name?
- [ ] What will we pay per day, and starting when? (Original Medicare: $0 for days 1 to 20, up to $217 per day for days 21 to 100 in 2026.)
- [ ] How often does the insurance review the stay, and when is the next review?
- [ ] If we get a Notice of Medicare Non-Coverage (NOMNC), who do we call, and by when?

Before going home Ask the therapy team and social worker

- [ ] What equipment is needed at home (walker, shower chair, commode), and who orders it?
- [ ] Will therapy continue at home or as an outpatient afterward? Will Medicare Part B help cover it?
- [ ] Can someone review home safety, like stairs, rugs, and the bathroom?
- [ ] Can we get an updated medication list and follow-up appointments in writing?

Notes

Where to get help

1-800-MEDICARE (1-800-633-4227): questions about Original Medicare coverage.
Free, unbiased Medicare counseling: your State Health Insurance Assistance Program (SHIP). Find yours at shiphelp.org or 877-839-2675.
Compare facilities: medicare.gov/care-compare
More videos: youtube.com/@AlansCareCorner

Educational content only. Not medical, legal, or financial advice. Not affiliated with or endorsed by Medicare or CMS.
Rules and amounts are for 2026 and can change. Confirm with your plan, care team, or 1-800-MEDICARE.