



**For more information about requesting
Psychiatric Services or Case Management**

(541) 269-8111

The Medical Center for Oregon's Coast



(541) 269-8111

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What to Expect...

*when a family member or friend is
discharged from the hospital after
receiving care for mental health*

Questions You Can Ask

- Ask how you can be involved in discharge planning.
- Ask for diagnosis and discharge information.
- Ask how you can give information about the patient's history to the hospital staff in writing.
- Ask if you can have the discharge plan, and for medication instructions.
- Ask about the risk of self-harm and what you can do about it.
- Ask if you can be a lay caregiver.

Leaving the Hospital after Care Can Be Confusing

It can be particularly confusing when a family member or friend is leaving the hospital after receiving treatment for mental health. Your hospital and its staff have taken steps to make sure it is as smooth as possible. This brochure will give you some tips on what to expect. It will also give you an idea of questions to ask to make sure you're able to help your loved one make a successful transition.

Lay Caregiver

To help patients transition from hospital care with the support of friends or family, Oregon law enables patients to identify a "lay caregiver" to participate in the discharge process.

If you've been designated as a lay caregiver, the hospital is required to involve you in the patient's discharge plan and provide you with information that will help you care for them once they leave the hospital.

Patients must give authorization to disclose their health information to lay caregivers. Federal privacy laws do not allow hospitals to share health information unless the patient agrees. Hospitals will ask patients for permission to share information with the lay caregiver. When the patient is a child, the parent or legal guardian will almost always receive patient information unless the hospital has a specific reason to withhold it. In some circumstances, the hospital may provide information to a support person if that person is closely involved in the patient's care or if the patient lacks capacity and the disclosure is in the patient's best interest.

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