

## **Post-inpatient transitional care - a rehabilitative service between hospital and home (Post-UeP)**

Due to demographic developments and the associated increase in chronic illnesses and multimorbidity, hospital admissions are becoming more frequent, with older people being affected to a large extent. They often have a significantly longer convalescence period than young and healthy people. The new care situation that has arisen must first be organized or restructured at home. Both those affected and their relatives have to come to terms with the new situation, as otherwise the social environment may be overwhelmed. For older, multimorbid people with a (short-term) increased need for care, this can lead to interruptions in care and thus to unplanned rehospitalization or other negative effects, such as a hasty admission to long-term inpatient care.

In order to take account of prolonged convalescence and compensate for acutely high care needs, more and more people are having to make use of post-inpatient services such as short-term care (§42 SGB XI). Although this is an important building block in the post-inpatient care chain, there are few short-term care places and demand exceeds need in many regions. In addition, there are considerable qualitative deficits in short-term care. There is a lack of differentiated services such as therapeutic, activating measures and counseling.

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With the Post-UeP project, Wilhelmshilfe e.V. aims to implement a cross-sectoral care offering that is characterized by a differentiated range of services and an interdisciplinary mix of personnel. Clients are transferred from hospital to Post-UeP using a structured transfer procedure. During the stay in short-term care, the focus is on activating-therapeutic care, as well as rehabilitative measures by the permanently employed occupational and physiotherapists, medical care by the family doctors and needs-based follow-up care through structured case management.

Esslingen University of Applied Sciences was commissioned to conduct a summative evaluation of this innovative care offer. In the course of the evaluation, the effectiveness of the intervention is to be recorded and the economic impact ("efficiency") of the offer is to be assessed. A pre-post design with a control group and follow-up was chosen for the research project and addresses the following research questions:

- Can people be increasingly discharged into their own homes as a result of post-UeP?
- Can Post-UeP prevent people moving into long-term care?
- Can Post-UeP strengthen the home care setting?
- Can Post-OEP reduce the re-hospitalization rate?
- Can Post-UeP care promote and maintain mobility and the ability to help oneself?
- Does Post-UeP relieve the burden on family caregivers?
- Can Post-UeP reduce the length of hospital stay?
- Does Post-UeP lead to economic savings?

The Post-UeP project thus makes an important contribution to the progress of knowledge about what innovative, effective and economically viable short-term care could possibly look like.

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