

Home First External Key Messages

Helping you recover with the **right care**, in the **right place**, at the **right time**.

Introduction

Home First is a commitment to ensuring that individuals receive the care they need in the comfort of a place they call home whenever possible. By focusing on timely discharges from hospital and connecting patients with the appropriate resources, Home First supports recovery, independence, and quality of life outside the hospital.

The Home First provincial working groups are developing a consistent way to provide resources across zones. This initiative is not just about returning home, it's about staying home with the right supports in place.

“Why Home Is Better” Key Messages

Faster Recovery: Once discharged from hospital, you can recover better at home, where you are in a comfortable place with familiar routines.

Lower Risk of Infection: Home settings reduce the risk of infections that can be picked up in hospitals.

Improved Well-being: Being around family and having access to community support can enhance physical and emotional recovery. Being home offers more freedom of choices, preferences, and daily routine.

Better Sleep and Mobility: Home, or where you usually live, can provide a quieter place and more chances for movement, which helps rebuild strength and independence.

Promoting Independence and Recovery: Recovering at home, or where you usually live, helps you to regain independence and control of your life. Long-term care assessments and decision-making should only be made once you are home. Being at home allows you to be in a comfortable, familiar place to reduce stress and provide a better understanding of your needs.



“How Home First Works” Key Messages

Early Discharge Planning: Conversations about your continued recovery at home start early during your hospital stay.

Individualized Care Plan: Teams work with you and your essential care partners to determine needs, coordinate resources, and plan for your continued care.

Linking to Community Resources: Referrals may be made to connect you with services like home care, therapy and caregiver supports (if needed) after discharge.