A FREE RESOURCE FROM THE JUNIPER FOUNDATION

Family Support During Extended Hospitalization

When a hospital stay lasts weeks or months, families need practical help as much as medical care. This sheet lists the people to ask and the questions to bring.

Ask to meet these people

- [ ] **Social worker:** leave paperwork, lodging, transportation, community resources
- [ ] **Case manager:** insurance approvals and discharge planning
- [ ] **Financial counselor:** hospital assistance programs and payment plans
- [ ] **Chaplain or spiritual care:** support for any faith or none
- [ ] **Child life specialist:** helping siblings understand and cope
- [ ] **Lactation consultant:** pumping and feeding support

Questions about daily life

- [ ] Are there family sleep rooms, showers, or a parent lounge?
- [ ] Is there discounted lodging or a family house nearby?
- [ ] Can we get a long-term parking pass or meal vouchers?
- [ ] What are the visiting rules for siblings and grandparents?

Questions about work and money

- [ ] Which leave programs apply to each parent?
- [ ] Does short-term disability cover hospital bed rest?
- [ ] Could our baby qualify for Medicaid, SSI, or state programs?
- [ ] Who can explain our bills before we pay them?

Looking after yourselves

- [ ] Take turns sleeping away from the hospital when you can

- [ ] Name one person to send updates to family and friends
- [ ] Say yes to specific offers of help
- [ ] Ask to be screened for depression and anxiety. Call or text 988 in a crisis.

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