



SOCIAL JUSTICE AND PEACE

THROUGH INTERFAITH
UNDERSTANDING AND COOPERATION

The Interfaith Works Restorative Experience for a Safer Transition (**REST**) Program, is a collaborative effort to offer individuals experiencing homelessness a safe place to recover after being discharged from a hospital stay. Access to a warm bed, hygiene supplies, showers, laundry, and support achieving their goals, are invaluable resources during recuperation.

What is Medical Respite Care?

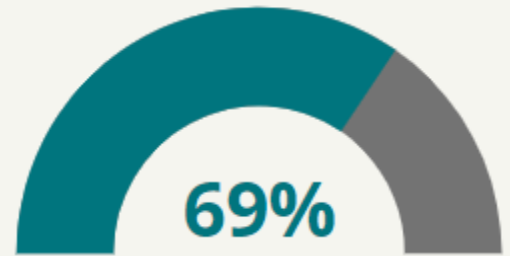
Medical respite care (MRC), also known as recuperative care, is acute and post-acute care for people experiencing homelessness (PEH) who are too ill or frail to recover from an illness or injury on the street or in a shelter, but who do not require hospital-level care.

While MRC programs vary greatly in size and structure, they are all guided by the [Standards for Medical Respite Care Programs](#) and share the same fundamental elements: short-term residential care that allows PEH the opportunity to rest, recover and heal in a safe environment while accessing medical care and other supportive services.

Why is it important?

A [literature review](#) conducted in 2021 found a strong body of evidence indicating that MRC improves health and social outcomes for PEH while reducing unnecessary costs to systems and communities. MRC is also a more efficient use of resources, as it is less expensive than other forms of residential health care. Daily expenses for these MRC programs range from about \$125 to \$325, depending on their location and scope of services. For comparison, average reported expense per day of inpatient care was \$2,607 among hospitals nationally.

Who do we serve?



69%

Report living with a disability



8 out of 10 REST participants are male

17% Are veterans

Average Age **61**

2 days in the hospital = \$5,214

24 days in the REST Program = \$5,040

Imagine recovering from surgery while living in your car, or struggling to manage your new medications while having to constantly move your belongings, or trying to keep a healing wound clean without access to basic hygiene supplies or shower facilities.

The REST program is a direct response to the needs of our most vulnerable neighbors experiencing homelessness.

Interfaith Works' REST Pilot Program

The Interfaith Works Restorative Experience for a Safer Transition ([REST](#)) program is designed for patients being released from the hospital after being treated for an acute medical condition, including flare ups of chronic conditions, who cannot safely be discharged without stable shelter and supports. Stays are limited to 30 days and no on-site medical care is provided, but the program supports and coordinates outside visiting health care and caregiving providers.

The REST program was developed to provide the key components of Medical Respite Care as laid out by the National Institute for Medical Respite Care (NIMRC).

The key components of Medical Respite Care

- 24 hour access to a bed
- Transportation to all medical appointments, if desired by guest
- Secure storage for personal items
- 3 meals a day
- Care coordination
- Access to a phone for communications related to medical needs
- Wellness check at least once a day

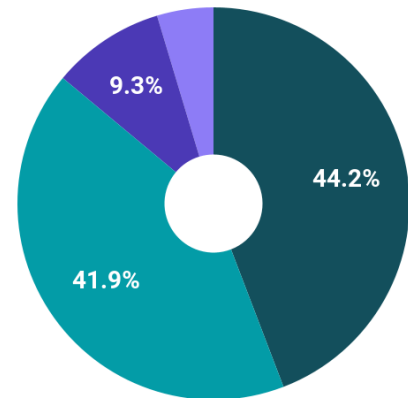
49% of all referrals are accepted

9% of referrals are denied due to not meeting the discharge criteria

42% of referrals are denied due to the beds being full

REST would need an additional 4+ beds to match the pacing of referrals

Referrals



- Admitted Referrals
- Denied Referrals: Capacity
- Denied Referrals: Condition
- Referral Accepted, Patient AMA'ed

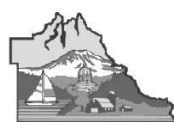
REST served **38 individuals** over 6 months

Injury and Acute Medical Condition were the most common admitting conditions

6 participants connected to primary care

4 participants connected to Providence Home Health

Average length of stay **21 days**



THURSTON COUNTY

PUBLIC HEALTH & SOCIAL SERVICES
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MultiCare

Capital Medical Center

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