

The Care Transitions Intervention®

The Care Transitions Intervention® (CTI) is an evidence-based, short-term model that complements a systems' care team by empowering the client to develop self-care skills and helps them assume a more activated role in their health through a whole-person approach.

During a 30-day program, clients with complex care needs (and/or family caregivers) work with a Transitions Coach®, to build and practice self-management skills that will ensure their needs are met during the transition from hospital to home. A Transitions Coach® gets the time to understand, motivate, and explore what matters to the client by putting them in the driver's seat. Together they navigate through personal skill development, taking charge of self-management tools, and gaining confidence in four key areas of health, known as the Four Pillars® (medication, primary care, personal health record, and knowing their warning signs).

Learn more about CTI outcomes, tools, and Transitions Coach training at:

<https://caretransitions.health/>