

The Short-Term Restorative Care (STRC) Program.

Enhancing your wellbeing, independence and quality of life



As an independent Christian charity, HammondCare champions life.

What is the Short-Term Restorative Care (STRC) Program?

The Short-Term Restorative Care Program provides up to eight weeks of tailored therapy, delivered in your home to help you improve your ability to perform everyday tasks.

There are times in life when we need some help to be more confident, safe and independent in our own home. Short-Term Restorative Care can provide this support, and help you improve your quality of life.



HOW DOES IT WORK?

Short-Term Restorative Care is an individualised program that is provided in your home or in a community setting, such as a local gym. We work with you on achieving your goals in a way that you feel comfortable with.

The Short-Term Restorative Care Program consists of:

- An initial session with an allied health professional to discuss your needs and goals, and create your STRC plan;
- Working with your GP so we understand any health conditions that might need to be taken into account;
- A tailored program which incorporates your health and wellbeing goals, as well as any exercise and therapy preferences you may have;
- One-to-one individualised sessions with your allied health practitioners, delivered over an eight-week period;
- Telephone support between sessions;
- Connecting you with social or community programs that may help you achieve your goals;
- Help with providing equipment and meeting home set-up needs;
- Working with you to set long-term goals and strategies to support you beyond the program.

WHO DELIVERS STRC?

Short-Term Restorative Care is delivered by qualified HammondCare allied health practitioners, including physiotherapists, exercise physiologists, occupational therapists, dietitians and therapy assistants.

HammondCare delivers STRC across most of Sydney, including the Inner West, Northern Sydney, South East Sydney and South West Sydney.

HOW CAN SHORT-TERM RESTORATIVE CARE BENEFIT ME?

You could benefit from the STRC program if you are experiencing difficulties doing the things that are important to you, including: going to the shops, catching public transport or making a meal.

You could also benefit from the program if you are worried about falling, want to gain confidence to get out and about or are experiencing pain that is limiting you.

The STRC program can help you:

- Regain some of your abilities following a setback;
- Regain your strength and confidence;
- Maintain your independence while living at home;
- Improve your ability to complete everyday tasks;
- Achieve goals you would like to focus on;
- Improve your wellbeing and quality of life.

HOW DO I ACCESS A SHORT-TERM RESTORATIVE CARE PROGRAM?

STRC is a government funded program. If you are 65 years or older, or otherwise eligible for Commonwealth-funded aged care services, you may be eligible for a Short-Term Restorative Care Program.

To apply, complete the following steps:

- 1** Register through My Aged Care by calling **1800 200 422**. Alternatively, you can ask your GP, care provider or friend to make a referral for you through the My Aged Care website - **www.myagedcare.gov.au**. Ask them to request a Short-Term Restorative Care Program when completing the online referral form.
- 2** Once the request has been made in My Aged Care, you will be contacted by an Aged Care Assessor who will make a time to come and see you for approval for the program.
- 3** Once you have received your approval and referral code, you can contact the HammondCare STRC team on **02 8788 3900** or email **strcprogramme@hammond.com.au**

The HammondCare STRC team is always here to help you access the program and answer your questions. If you have any concerns, just call us.

Further information

If you are already receiving a Home Care Package, you might not be eligible for STRC, though similar programs can still be accessed through your package. Please contact the HammondCare STRC team for more information.

You can also contact the HammondCare STRC team for further information about eligibility or visit the Government's website and search for 'short-term restorative care' at **agedcare.health.gov.au**

Like to know more?

Short-Term Restorative Care Program

Please contact us for more information regarding the STRC program.



PHONE

02 8788 3900



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hammondcare.com.au



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