

Factsheet

Transition Care Program

Information for patients and carers

What is the Program?

The Transition Care Program is a restorative program that helps you get stronger and more independent after being in hospital.

It will help you get back to doing the things you enjoy like cooking, walking or gardening. The program can support you for up to 12 weeks after you leave hospital in your home or at a residential aged care home.



Who is the Transition Care Program for?

The program is for people who are:

- over 50 years old for Aboriginal or Torres Strait Islanders
- over 65 years old for non-Aboriginal or Torres Strait Islanders
- in hospital and almost ready to go home
- wanting to get better by doing therapy.

How can the Transition Care Program help?

You will have a Care Coordinator who can help you settle in at home and organise your care.

You can also get help from many different people, depending on what you need.

They include:

- physiotherapist – to give you exercises to get strong
- occupational therapist – to help you to do activities safely at home and in community
- dietician – will help you eat the right foods
- podiatrist – to help you look after your feet
- speech pathologist – to help you with talking or eating problems

- psychologist – can talk to you about your problems if you are feeling sad or worried.

You can also get help with daily living tasks like:

- showering and getting dressed
- transport
- housework, cooking and laundry
- shopping and appointments.

What does it cost?

The Transition Care Program costs \$94.49 a week.

If you cannot pay this much, we can work out a cost that you can afford.

Who can you speak to?

You can call the Transition Care Program on **8922 7520**.

Speak with the discharge planner on your hospital ward: