

# Short Term Restorative Care

Hume and Grampians

When it comes to  
helping you feel better,  
we've got you covered.

## Short-Term Restorative Care (STRC) can help you to complete everyday tasks and delay the need to enter long-term care.

But what exactly does that mean?

STRC is a package of services that may include physiotherapy, occupational therapy and podiatry as well as personal care, domestic and cooking assistance and continence management. Get in touch with us and we'll explain in more detail.

You may be able to receive STRC for up to eight weeks in your home and in the community. It all just depends on your care needs.

We coordinate a tailored plan for you. We first seek to understand your challenges and then prepare a holistic plan for you.

### Are you eligible?

You may be eligible for STRC if you're an older person and you are:

- Run down after a recent illness
- Are slowing down mentally, physically or both
- Need help with everyday tasks
- Want to stay independent, and remain at home.

We can help.



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**VMCH**

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Now I have access  
to short term care,  
I'm getting better  
everyday.

## Have an assessment:

To access STRC you'll need an aged care assessment with the Aged Care Assessment Team.

From there, if you're eligible, you can request that VMCH be your preferred provider. Once we receive the referral we will contact you.

## How much will it cost?

The good news is many of your care services are funded by the Australian Government, but they may also require that you contribute towards your STRC dependent upon your needs.

## Here at VMCH, our services are as diverse as the people we support.

Our values underpin the work we do. As a Catholic for-purpose organisation, compassion, respect and inclusion aren't just words to us, they guide us in everything we do.

While we've been around for over a century, we're always moving forward. We stay true to who we are by supporting people and families to live their best lives, providing a place to call home and spaces to learn and grow.

Our professional and compassionate teams are with you on your life journey. We provide a wide range of support from early learning and therapy, specialist education, disability services, affordable homes, residential aged care, retirement living and at-home aged care.