

Home Care Connection

Newsletter

June 2024

VMCH

Feel your best!

Choosing Wisely Australia® has created this handy checklist for healthcare consumers. Asking your doctor or healthcare provider these five questions, helps make sure that you receive the right amount and type, of care.

1. Do I really need this test, treatment or procedure?

Tests may help you and your doctor or other health care providers determine the problem. Treatments, such as medicines, and procedures may help to address it.

2. What are the risks?

Will there be side effects to the test or treatment? What are the chances of getting inaccurate results? Could this lead to more testing, additional treatments or another procedure?

3. Are there simpler, safer options?

Are there alternative options to treatment that could work? Lifestyle changes, such as eating healthier foods or exercising more, can be safe and effective options.

4. What happens if I don't do anything?

Ask if your condition might get worse – or better – if you don't have the test, treatment or procedure right away.

5. What are the costs?

Costs can be financial, emotional or a cost of your time.

Remember to keep in touch with us when your health or care needs change. This will help ensure your care plan accurately reflects your needs.

*Adapted from material developed by Consumer Reports. Under licence from the ABIM Foundation.

How we can help you stay well

Our Allied Health team is dedicated to supporting your needs. Our team of Physiotherapists, Podiatrists, Occupational Therapists, and a Dietitian have recently opened a new gym space at our Wantirna centre to host group-based programs to improve and maintain your quality of life and independence.



- **The Better Balance group program** is designed to improve mobility in older people. Our Physiotherapy team use evidence-based strategies on how to reduce the risks of falls and improve your balance and strength.
- **The Chronic Pain Management group program** understands how difficult living with chronic pain is and uses a multi-disciplinary approach to provide evidence-based interventions to help manage chronic pain.
- **The Active Minds group program** addresses evidence-based therapy activities shown to slow down the effects of age-related cognitive changes. Our Occupational Therapy team will cover the impacts of ageing on the brain and how this can affect your daily life.
- **The Living with Arthritis Management group program** is led by our Occupational Therapy team. Learn how to manage arthritis using evidence-based hand-therapy activities and education.

If you or someone you know might benefit from attending one of our group programs, contact our Wantirna Centre at **1300 919 850** or email us at wellnessreception@vmch.com.au



Do you have a hospital stay coming up?

The Transition Care Program (TCP) is designed to help older people recuperate after a hospital stay, to help them regain functional independence and confidence. You can access TCP even if you have a Home Care Package or CHSP services in place.

Lasting up to 12 weeks, the program is funded to provide a range of tailored supports and can include:

- Personal care
- Nursing support
- Allied health care: Occupational Therapy, Physiotherapy, Dietetics, Podiatry, social activities and social work
- Case management.

These services can take place in your home, or during a respite stay within an aged care residence. Any aids and equipment can be arranged for you to safely return home. A transition care coordinator will be appointed to help you set goals to get the best possible outcome.

VMCH has 13 aged care residences across metropolitan Melbourne and regional Victoria.

Corpus Christi,
Clayton

John R Hannah,
Mulgrave

O'Neill House,
Pahran

Providence,
Bacchus Marsh

Shanagolden,
Pakenham

St Bernadette's,
Sunshine North

St Catherine's,
Balwyn

Star of the Sea,
Torquay

VMCH Ashwood

VMCH Berwick

VMCH Bundoora

VMCH Wantirna

Willowbrooke,
Upper Ferntree Gully.

If I have a Home Care Package, what happens while I am in the TCP?

Although your Home Care Packages (HCP) will be 'on hold', you will keep accumulating your full subsidy (including any supplements) for the first 28 days.

Is there a cost for TCP?

Yes, there are some costs to receive TCP, which will be discussed with you at the time of your assessment in hospital.

During a hospital stay, if you've been assessed as eligible for the TCP, it's important to inform us so we can continue to support you while you receive the necessary care. We will also ensure you continue to accumulate your HCP funding so it's available to you when the program ends.