

Packaged Care

Transition Care Program

The Transition Care Program helps people who have been hospitalised to make the change back to living at home independently. This is done through providing intensive short-term rehabilitation support for a period of up to twelve weeks.

What support may the program offer?

- / Cleaning
- / Laundry/ironing
- / Assistance with meal preparation
- / Showering and dressing
- / Physical therapy, eg physiotherapy
- / Transport to shopping and appointments
- / Installation of equipment to improve safety
- / Falls and balance education
- / Counseling and support

How will a Transition Care Program help me?

A coordinator will visit you while you are still in hospital to work out a plan of rehabilitation that will help you to regain some independence and remain living at home once you leave hospital.

While you are receiving Transitional Care Program services, you may spend some time in one of our aged care homes. These homes offer 24 hour nursing and personal care, medication supervision and diversional therapy.

As you continue to improve and gain more independence, your coordinator will work with you in reducing the level of support given so you will gradually become totally independent at home. You will be assisted to access other services as needed to meet your ongoing needs once you have completed your Transitional Care Program services.

Am I eligible to use the services?

To be eligible to use Transition Care Program services, you must be assessed by an Aged Care Assessment Team, and approved for a Transition Care Program, while you are an inpatient in hospital. You can call My Aged Care to find your local Aged Care Assessment Team on 1800 200 422.

You also need to be over 65 years of age, and live in the north or north eastern metropolitan area of Adelaide.

What does it cost?

Any fees will be negotiated with you prior to the commencement of services.

Contact details

If you would like more information, please contact our metropolitan community services team via phone: 1300 444 663 or email: MetroCommunityAdmin@helpinghand.org.au.

