

# Short Term Restorative Care

Home Care



[homecare.mercycare.com.au](https://homecare.mercycare.com.au)

# Short Term Restorative Care Program

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## Designed to restore your independence

Our Short Term Restorative Care (STRC) program is designed to get you back doing everyday tasks to enable you to remain living independently at home. This short-term program is delivered over a maximum of 8 weeks to individuals in their homes.

MercyCare's STRC services are delivered by a team of health professionals who tailor a program of services to suit your individual needs and goals.

You may be eligible to access STRC services twice in any 12-month period.

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## We're here to help



Call **(08) 9422 3498**



Email **strc@mercyare.com.au**



Online **homecare.mercyare.com.au**



# Am I eligible?

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You may qualify for funding for a Short Term Restorative Care Program if you are:

- Experiencing functional decline and loss of abilities to manage day-to-day activities
- At risk of losing your independence
- Receiving support to remain at home or receiving low level community support, including the Commonwealth Home Support Program or from the Department of Veterans' Affairs

You are not eligible to access STRC if you have been discharged from hospital within the past 3 months for a condition related to a functional decline, or if you have received the Transitional Care Program within the past 6 months.



# What care is provided?

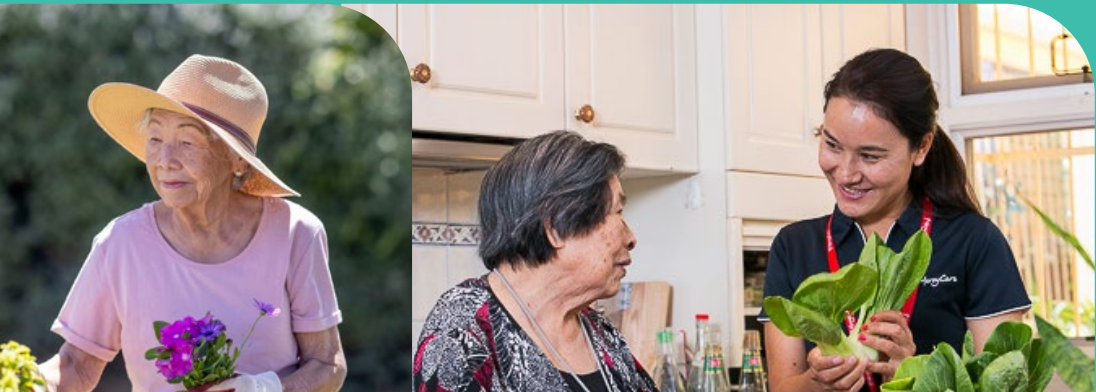
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MercyCare's STRC program provides a multidisciplinary team who will work together with you to develop your care plan so you can reach your optimal level of independence.

We partner with your family and the people you would like to support you through the process.

Your dedicated STRC Coordinator will work with your GP and other health professionals to coordinate a range of services provided by our in-house team which may include:

- **Physiotherapy**  
Exercises to improve your strength, fitness, balance and mobility
- **Occupational Therapy**  
Including home and functional assessments
- **Clinical (Nursing)**  
Assessment of nutrition, falls risk, skin integrity
- **Podiatry, Continence Nurse Assessment, Speech Therapy and Dietetics**





## Cost

The Short Term Restorative Care program is government-funded. Your Coordinator will discuss the funding with you prior to signing an agreement to participate in the program.

## How to access the Program

Referrals to the STRC Program are required to be completed via an Aged Care Assessment Team.

Contact My Aged Care about receiving a referral to the STRC Program:

**Phone**            1800 200 422

**Visit**             [myagedcare.gov.au](http://myagedcare.gov.au)

## Staying with MercyCare

If you are assessed as eligible for other Aged Care funding programs once completing your STRC program, we can continue to support you with these.

**MercyCare also offers the Commonwealth Home Support Program (CHSP) and Home Care Packages (HCP).**

Please speak to your STRC Coordinator for more information.



## How Short Term Restorative Care transformed Robert's life for the better

“I’m over the moon with the difference that MercyCare’s Short Term Restorative Care program has made to our lives,” said Robert, who has regained some of his independence at home and can now provide more support to his wife.

“When my health began to decline several years ago, mobility issues meant a wheelchair was the easiest way for me to move around, which led my wife to step up as my main supporter. Sadly, she recently had a heart attack and now relies on me for more support. That is when I turned to MercyCare to help improve my mobility and independence so I’m better able to get around our home and provide more support to my wife.

“I am happy to say that I have been able to meet all my goals that were set at the start of the program. One of my goals was to have better access in and around the home and feel more independent with moving around, which I can now do. I am grateful to the MercyCare team for helping me achieve this.”

## Why choose MercyCare?



We are 100 per cent Western Australian; our team is **local** and on hand to support you through your home care journey.



Our priority is **listening and understanding** your needs and preferences. We put you at the heart of the process and help you tailor a care plan that best meets your needs.



We are a **not-for-profit** organisation driven by values of respect, integrity, compassion, justice, excellence and courage.



We work to make sure you **get the most** from your government subsidy and budget.



# Every Person Matters

At MercyCare we believe every person matters. Our people are driven by strong values and are passionate about creating positive change.

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