

How do I Access STRC?

An aged care assessment with an Aged Care Assessment Team (ACAT) will let you know if you are eligible to receive STRC.

Once approved, Lutheran Aged Care can coordinate the services on your behalf to ensure you achieve your goals.

Contact MyAgedCare for an ACAT assessment.

Web: MyAgedCare.gov.au

Phone: 1800 200 422

What Costs are Involved?

The Australian Government subsidises a range of aged care services and if eligible, you are expected to contribute to the cost of your care if you can afford to. You do not need an income assessment to access STRC services.

Additional fees, where applicable, will be discussed and agreed to well in advance of you receiving services.



SHORT TERM RESTORATIVE CARE

by Lutheran Aged Care



CONTACT LUTHERAN AGED CARE:

Call: 02 6042 1100

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Web: lacialbury.com



Your guide to short term wellness, reablement and restorative approaches

What is Short Term Restorative Care?

Short Term Restorative Care (STRC) provides a range of care and other services over 8 weeks (56 days) to help you stay independent; improve your ability to complete everyday tasks; and/or, delay/avoid entering longer term care. STRC is a goal oriented program ideally suited for individuals not currently receiving any Government aged care assistance (e.g. residential or home care services). Services can be conducted at either your home or our residential care facility.

STRC can be accessed twice in any twelve month period.



Am I Eligible for STRC?

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

- are slowing down mentally, or physically, or both
- need help with everyday tasks
- want to stay independent, and out of long term ongoing care arrangements.

If you are receiving veteran services, disability services through the National Disability Insurance Scheme or support at home through the Commonwealth Home Support Programme, you may still be eligible to receive STRC.



What Services are Available?

A wide range of multi-disciplinary services can be designed to suit your specific needs and goals, including:

- speech therapy
- podiatry
- audiology
- dietetics
- chiropractic services
- GP or geriatrician advice and medical care
- nursing
- personal care and assistance
- psychologist or counsellor support
- cooking assistance
- brain training
- therapy groups
- aids and equipment (including mobility aids)
- nutrition, meal preparation and diet advice
- continence management
- transport
- physiotherapy and occupational therapy
- social work
- home maintenance
- accommodation in residential care
- support services including:
 - cleaning or laundry
 - medication management
 - emotional support.

Short term restorative care is delivered by a team of at least three health professionals including a doctor (usually your GP) to identify and treat any medical conditions.