



Short-term restorative care aims to improve your well-being and independence and help you stay living in your own home for longer.

Presbyterian Aged Care

Phone 1800 722 679

Email caresupport@pcnsw.org.au

Web www.pacnsw.org.au



Short-Term Restorative Care (STRC)



Presbyterian Aged Care

What is STRC

Short-term restorative care (STRC) is a Government-funded program that provides an intensive package of care from a team of health professionals for a period of up to 8 weeks.

STRC is ideal if you want to keep living independently but you've noticed a functional decline, perhaps after a recent injury, fall or illness, and now have difficulty completing everyday tasks.

The program offers a short, intense period of support where we work with you to achieve your optimal level of mobility, health and independence.

STRC can be accessed twice in any 12 month period.

Setting your STRC goals

PAC will meet with you to discuss what goals you want to achieve and what outcomes you are seeking. We will then put together a personalised plan in partnership with your GP and a team of health professionals, selected by you, to achieve your health and wellness goals.

What services does STRC include?

STRC can offer a wide range of services, depending on your needs. These may include:

- > Physiotherapy
- > Psychologist or counsellor support
- > Nutrition and dietary advice
- > Occupational therapy
- > Exercise physiology
- > Audiologist
- > Podiatrist
- > Nursing support
- > Personal care
- > Mobility aids
- > Cooking assistance
- > Minor home modifications

Your program will be tailored just for you. You'll be surprised at the creative options we can come up with to give you the boost you need to get back to the old you. We take a holistic view of what can restore you that takes into account both your physical and mental wellbeing.

We can also help you take advantage of technology to give you the improvements you are seeking.

How do I access STRC?

The Short-Term Restorative Care Program is funded by the Australian Government. In order to be assessed for eligibility for the program you will need to register with My Aged Care. You will then be assessed by the Aged Care Assessment Team (ACAT). Depending on the services chosen and the outcome of the ACAT assessment, a contribution might be necessary.

A member of PAC's team will discuss any costs with you before you start.

How do I find out more

Call us today to find out more about our STRC program, how it works and how it will help you.

Chat to our friendly PAC team on **1800 722 679**, email **caresupport@pcnsw.org.au** or read more about STRC on the PAC website.

www.pacnsw.org.au