

Specialised  
Living  
Options

Transition Care Programme



Care while  
you plan

FOR ENQUIRIES  
(03) 9265 1279



# Transition Care Programme

No one wants to stay in hospital longer than they have to but sometimes we need a little more care. If you are older or have an age related condition, our Transition Care Programme can support you for up to 12 weeks when you leave hospital. The programme allows you to continue your recovery while you plan your long term care.

Your hospital discharge team will organise an Aged Care Assessment before you leave hospital. They will work out your options and together, we will create a care plan which can adapt as your needs change.

While on the programme you will have a dedicated case manager who will work with you to plan the next stage of your care. The care you receive will depend on your needs and where you receive your care.

We will also work with your health care team to make sure you get the care you need.

Whether you need health or personal support, your case manager will help you navigate the system and connect with the services you need.

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## We can support you with

- Health professionals such as physiotherapists, occupational therapists and social workers
- Personal Care (eg: showering & dressing)
- Housekeeping
- Shopping
- Meals
- Equipment to make life easier
- Management of appointments and travel to appointments
- In-home respite care

*A daily fee for the Transition Care Programme is charged by the Commonwealth Government and medication costs are separate.*

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## About Monash Health

There's nothing more important than your independence, yet protecting it can seem more complicated than ever. We will help you through the ever-changing aged care system with high quality healthcare and support.

Being the largest healthcare service in Victoria means Monash Health has the expertise to provide you with all levels of care. Whether you need a little or a lot, we have you covered.

- Care in your home
- Care in the community
- Care in our homes
- Care in our hospitals

We also understand that your wellbeing depends on more than just health care. Our specialised staff will work with you to make the most of each day while helping you prepare for the future. We want to welcome you into our transition care service and support you as you leave hospital.



## Get in touch

Transition care programme enquiries

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Phone  
(03) 9265 1279

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Email  
[tcp@monashhealth.org](mailto:tcp@monashhealth.org)

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Website  
[monashagedliving.com](http://monashagedliving.com)

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