

Short-Term Restorative Care

Recover and regain your health and independence

What is Short-Term Restorative Care?

Short-Term Restorative Care (STRC) provides convenient support to help you retain and maintain your independence so you can stay at home longer.

This program is suitable for older people having difficulties with daily living at home and who are not receiving home care packages or residential aged care.

Our services can help you regain or recover at home and get back to things you enjoy with the people you love, at no cost to you.

Get the help you want, it's easy to access STRC from Catholic Homes.



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Who is eligible for STRC?

You may be eligible for short-term restorative care if you are an older person experiencing things such as:

- Changes to your health, mobility or memory
- Difficulty getting about or doing daily tasks
- Changes to your care arrangements.

Catholic Homes offers this service to everyone regardless of their age, beliefs or circumstances.

STRC is available if you are waiting for a Home Care Package.



What does STRC provide?

Eligible people can receive services for up to eight weeks and you could be entitled to two rounds of assistance within a twelve-month period.

Depending on your circumstances and choices, STRC is comprehensive and may include assistance such as:

- Home modifications for your safety and accessibility at home
- Transport for trips, appointments and social activities
- Help with meals, food preparation and special diets
- Cleaning at home and gardening
- Personal care, showering and dressing
- Nursing care, continence and wound management
- Physiotherapy, occupational therapy and podiatry
- Help with medication management
- Referral assistance to health and related services.

How much does it cost?

Because STRC is a Commonwealth Government funded program, you pay no out-of-pocket costs for short-term restorative care at Catholic Homes.

If you are a Commonwealth Home Support Programme Services (CHSP) client, your CHSP payments continue when you receive short-term restorative care.

How do I apply for STRC?

An Aged Care Assessment Team (ACAT) member will be able to let you know if you're eligible to receive short-term restorative care.

Contact our friendly team, we will take the time to explain the system and help you get started.

Where can I receive services?

We come to you and can provide our services directly in your home.

Our transport and social support can help you maintain your interests, leisure and social activities.

Get started today

Achieve your goals and stay at home longer. Contact our friendly team who can help get you started.

For further information call the Home Care team on 1300 244 000 or email homecare@catholichomes.com