

If these services were offered to you in hospital and you do not hear from the service within 3 working days of leaving hospital, please contact: East Gippsland Post Acute Care Services Administrator on 03 5150 3416.

**Health Agencies that provide Post Acute Care services are:**

**Bairnsdale** 03 5150 3416

**Lakes Entrance** 03 5155 8300

**Mallacoota** 03 5158 0243

**Omeo** 03 5159 0100

**Orbost** 03 5154 6623

**Bush Nursing Centres:**

*Buchan* 03 5155 9222

*Cann Valley* 03 5158 6274

*Ensay* 03 5157 3215

*Gelantipy* 03 5155 0274

*Swifts Creek* 03 5159 4210

If you are readmitted to hospital while receiving services, please tell hospital staff so that planned services can be cancelled.

If you will not be home for a planned service, please tell the health agency in your area on the number above, to cancel the service.

*Post Acute Care is a Health Independence Program. Health Independence Programs are people-centred and aim to improve function and maximize independence.*

Improving the health and wellbeing of the East Gippsland community by providing accessible, high quality and sustainable health care.

We welcome feedback at:

**Bairnsdale Regional Health Service**  
PO Box 474 Bairnsdale VIC 3875  
P 03) 5150 3333 F 03) 5152 6784  
E email@ brhs.com.au  
[www.brhs.com.au](http://www.brhs.com.au)

The information in this brochure is intended as a guide to one of the services provided by BRHS and is correct at the time of publishing.  
**Issue date:** JULY 2014 **Our Ref:** bC0007

**Bairnsdale Regional Health Service is located on the traditional land of the Gunai Kurnai people.**

My team *is* **BRHS**



Health Independence Program  
East Gippsland Post Acute Care

## What are Post Acute Care Services?

Post Acute Care services are short term community based services to help you recover after leaving hospital.

## Who can use Post Acute Care Services?

People who:

- have been discharged from a public hospital, including day procedure, the short stay unit and the emergency department
- are assessed as needing services after leaving hospital
- have given consent to receive services

## How long are the services provided for?

Services are short term usually for up to six weeks from hospital discharge date, and are provided based on your own needs.

## What services are available?

### Nursing Services including:



Home Based Nursing

Community Centre Nursing

### Home Care Services including:



Vacuuming and mopping floors

Cleaning bathroom and toilet

General household tasks

Meal preparation/assistance

### Personal Care Services including:



Shopping

### In-home Respite service:



Enables your carer to take a break from their caring role.

Other services may be available depending upon your needs.

## What is the cost?

- No charge for Post Acute Care services
- You may be asked to pay for medical supplies
- You continue to pay for any pre-existing services

If you have any queries, simply ask your Post Acute Care Co-ordinator.

**Ensuring you receive the right care, in the right place at the right time.**