

# Help older people restore their independence with short-term restorative care (STRC)

Short-term restorative care (STRC) is an early intervention programme designed to reverse or slow functional decline in older people who are having difficulty performing their day-to-day activities.

The aim of STRC is to help older people restore their independence at home by providing services that can:

- improve their health and wellbeing
- prevent or reduce problems completing daily tasks
- delay or avoid long-term or higher levels of care.

STRC can provide services to an older person for up to 8 weeks (56 days), twice within a 12-month period.

To be approved to receive STRC, an older person must have an Aged Care Assessment Team (ACAT) assessment.

## What services can be provided via STRC?

The services provided via STRC are selected with the older person's input to meet their individual needs. STRC services may include but are not limited to:

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

## How is STRC delivered?

STRC is delivered as a tailored, multidisciplinary package of services split into a care-planning phase, service-delivery phase and exit phase.

## Multidisciplinary care approach

The care-planning phase and service-delivery phase of STRC must be delivered using a multidisciplinary care approach via a multidisciplinary team (MDT), based on the older person's needs.

To provide treatment that is comprehensive and outcome focused, the MDT must include three or more specialist care providers from different disciplines.

**One of the members of the MDT must be a medical clinician, such as a general practitioner (GP) or a geriatrician, to ensure that any underlying clinical issues are identified.**

Other than the mandatory medical clinician, members of the MDT can include but are not limited to a:

- registered nurse
- orthotist
- audiologist
- pharmacist
- community health worker
- physiotherapist
- dental hygienist
- podiatrist
- certified accredited dietitian
- optometrist
- exercise physiologist
- psychologist
- occupational therapist
- social worker
- osteopath
- speech pathologist.

## Where can STRC services take place?

STRC services can take place in an older person's home, out in the community, in an aged care home or a combination of these locations.

It is important to note that permanent residents of aged care homes cannot receive STRC. However, approved STRC clients can temporarily move into an aged care home to receive services for part or all of the STRC episode.

### Who is eligible for STRC?

To be eligible for STRC, older people must be:

- experiencing functional decline that is likely to be reversed or slowed through STRC
- at risk of losing their independence to such a degree that, without STRC, it is likely they will require home care, residential care or flexible care provided through a multi-purpose service.

Older people cannot receive STRC if they:

- are currently receiving (or on leave from) permanent residential care
- are currently receiving home care through a Home Care Package (HCP)
- are currently receiving transition care
- have received transition care in the 6 months before assessment
- have been hospitalised in the previous 3 months for a condition related to their current STRC needs
- are receiving end-of-life care
- have received two episodes of STRC within a 12-month period (an episode is 8 weeks/56 days).

### What is the cost for STRC?

The cost for STRC can vary depending on the type of care and services that are provided. Older people are not required to complete a means assessment to access STRC, however they will be expected to contribute towards the cost if they can afford it.

The maximum amount older people may be asked to pay for STRC is as follows:

- 17.5% of the basic daily rate of the single age pension if care is received while at home or in the community.
- 85% of the basic daily rate of the single age pension if care is received while in a residential care setting.

The maximum amount applies to both single and married older people.

### How can older people receive STRC?

To receive STRC, older people must be assessed by an Aged Care Assessment Team (ACAT) assessor and approved for STRC.

Older people or their appointed representatives can [apply online for an assessment](#) on the My Aged Care website or call My Aged Care on 1800 200 422.

### Can GPs refer a patient for STRC?

GPs can refer a patient to My Aged Care and request an aged care assessment with a view to STRC by completing the [online health professional referral form](#).

If available, GPs can also use the e-Referral option within their practice management system.

GPs should state the urgency and include as much information as possible about the patient's needs because requests will be triaged.

### Where can older people find a provider?

After having an ACAT assessment and being approved to receive STRC, older people can find a provider by completing the [online form](#) on the My Aged Care website.

### Face-to-face support for older people

If older people or their representatives would like to receive face-to-face support about STRC or other aged care services, they can book an appointment with an Aged Care Specialist Officer in Fremantle by calling Services Australia on 1800 227 475.

### Further information

If you would like further information about STRC, refer to the [STRC Programme manual](#) or visit the [STRC Programme webpage](#) on the Australian Government Department of Health website.

WWW.PRACTICEASSIST.COM.AU

WA Primary Health Alliance is supported by funding from the Australian Government under the PHN Program.

Rural Health West is funded by the Australian Government and WA Country Health Service.

*Whilst all care has been taken in preparing this document, this information is a guide only and subject to change without notice.*

*Disclaimer: While the Australian Government has contributed funding support for this website the information contained within it does not necessarily represent the views or policies of the Australian Government and has not been endorsed by the Australian Government.*