

What's happening at your health service

Transition Care Program (TCP) to commence at REDHS

Rochester and Elmore District Health Service (REDHS) will commence a new service in early July 2011. The Transition Care Program (TCP) is a jointly funded initiative by the Victorian Department of Health and the Commonwealth Department of Health and Ageing. The aim of TCP is to minimise the number of older people experiencing extended hospital lengths of stay and premature admission to residential care.

The eligibility criteria for people to be admitted to TCP are:

- Aged over 65 years of age;
- In hospital at the time the assessment for TCP is undertaken;
- Medically stable, ready for discharge from hospital and therefore able to be managed by their GP;
- Otherwise be eligible for at least low level residential aged care, for example in a Hostel
- Assessment and approval from the Aged Care Assessment Service prior to admission to TCP;
- Have the capacity to benefit from a package of services including goal-orientated, time-limited and therapy that includes low intensity allied health therapy, nursing support or personal care;

The REDHS TCP model comprises funding for two residential places and one community place. The two residential places will be in REDHS Hostel, and the community place will allow people to receive therapy and care in their home. Nursing care and support services will be provided to the residential TCP clients by the existing Hostel staff. Nursing care for the community client will be provided by REDHS' District Nursing Service, with other services provided by local service providers. People admitted to TCP will have their day to day medical management undertaken by their usual GP and/or Clinic.

A range of staff have been recruited by REDHS to fill the various roles in TCP.

- Wendy Bauerle - TCP coordinator. Wendy has previously worked at REDHS as an Occupational Therapist, and will take up the role of TCP Coordinator next month.
- Casey James - Occupational Therapist. Casey has worked locally as an Occupational Therapist and has worked at Bendigo Health Care Group.
- Jacinta McWhinney - Allied Health Assistant. Jacinta is new to REDHS having recent experience working as Intake Assessment Officer for Home and Community Care Services at the Shire of Campaspe.
- Sue Jilbert has been seconded from Echuca Regional Health TCP to set up the program. Sue has worked in the Transition Care Program since October 2009 including a period as Coordinator.
- Judy Lee - Physiotherapist. Judy is new to the district and will be commencing in the coming weeks.

The introduction of TCP is an exciting development as it provides an opportunity for REDHS to expand the range of services to the community. It is also important for the community as it provides a greater opportunity for people to receive such a service closer to home.

It is anticipated that the first admission to the program will be on or soon after 4 July 2011.

*Right: New TCP staff members
Sue Jilbert and Jacinta
McWhinney*



Health Promotion: National Diabetes Week 10-16 July 2011 – Supermarket Tour:

In celebration of National Diabetes Week 2011, REDHS's Dietitian and Diabetes Educator will be conducting a supermarket tour in Rochester on Thursday 14 July. Supermarket tours are designed to take the guesswork out of shopping, providing practical information to help people make healthier food choices. The tour will provide strategies for taking the guesswork out of reading food labels and you will receive an information pack loaded with strategies and written backup of the information discussed during your tour.

Bookings are essential as places are limited to ensure you get the most out of the tour and all your questions can be answered. Please phone 5484 4400 to book in with our receptionist. Stay tuned for further information about National Diabetes Week in future editions.

Keeping Active this Winter:

As we approach the colder weather, it is time to think about keeping our bodies active during the winter months. When we are active, we are less prone to sickness. Don't let your health and fitness routine go out the window due to excuses, 'it's too cold', 'it's too dark', etc, etc. There are plenty of activities to help keep you active and in shape, including:

- Indoor activities – Join a gym, playing indoor sports (squash, volleyball, basketball or soccer), water aerobics or yoga.
- At-Home exercise – Exercise equipment, exercise DVDs, or in-house circuits with pushups, sit ups, dips and running on the spot.
- Outdoor exercise – Walking, running, cycling and outdoor sports (provided the weather isn't extreme). Wear layers so you are well insulated, you can easily take one off at a time as you need.
- Snow sports – Include some skiing, snowboarding and cross country skiing for a great combination of fun and fitness.

Preparations and precautions:

- Warm up for longer – It's beneficial to perform a longer warm up when the weather is cooler.
- Exercise caution – Beware of slippery surfaces, and avoid exercise at night without bright or reflective clothing.
- Drink water – Staying well hydrated is just as important during winter as it is in summer.
- Seek medical advice - Exercising in cold weather can bring on angina (heart-related chest pain), and asthma in asthmatics. Check with your doctor if you have any concerns, especially if you are older or have been inactive for some time.