



# Transition Care Programme

## Frequently Asked Questions

**Learn all you need to know about the short-term care program to help older people get back on their feet after a hospital stay.**

### What is the Transition Care Programme?

The Transition Care Programme (TCP) helps older people get back on their feet after a hospital stay. It provides short-term care for up to 12 weeks, including social work, nursing support, personal care and allied health care. Your care is tailored to your needs and goals, and is delivered in the most appropriate way to help you meet them.

The Australian Government provides funding through flexible care subsidies to help fund the TCP. An assessor will visit you in hospital for an assessment. You can ask the hospital staff to arrange this assessment, or call My Aged Care on **1800 200 422**. If eligible for transition care, you will be able to connect with a transition care provider to get the care you need. Your provider will then assist you with leaving the hospital, as well as entering and exiting care.

You won't need to complete a means assessment, though providers can request information regarding your ability to make a contribution (within reason). Your access to transition care will not be affected by your ability to pay fees. You can receive transition care in your home, out in the community, in an aged care home, or in a mix of all these locations.

To find out more about My Aged Care, visit [www.myagedcare.gov.au](http://www.myagedcare.gov.au).

### What Meals on Wheels services can I get through TCP?

You can receive meal delivery services to help you live independently after your hospital stay. Our extensive menu of delicious, nutritious and affordable meals are delivered free to your home by our dedicated volunteers. We offer a variety of dietary options and meal sizes, providing you with a wide range of meal choices.

### Am I eligible for TCP?

You may be eligible for transition care if you are an older person and:

- are a patient in a public or private hospital
- have been told that you are ready to leave hospital
- would benefit from receiving services for a short period of time.

You need to be approved for meal provision with a selection of the following:

- can no longer cook for yourself
- not eating correctly
- signs of malnutrition
- stress and anxiety of cooking
- can't physically get to the shops and do the meal preparation.

## What if I already receive aged care services?

It is possible to access transition care while receiving other aged care services in the following situations:

### Living in an aged care home

If you receive home support through the Commonwealth Home Support Programme, you can get transition care services at the same time. The two programs must focus on different aspects of your care and be assessed separately to avoid doubling up on services.

### Receiving a Home Care Package

If you have a Home Care Package, your services can be paused until your return from transition care.

### Receiving Commonwealth Home Support Programme services

If you receive home support through the Commonwealth Home Support Programme, you can get transition care services at the same time. The two programs must focus on different aspects of your care and be assessed separately to avoid doubling up on services.




## I qualify for TCP – what's next?

Once you have been assessed in hospital, you will be able to connect with a transition care provider to get the care you need. Your provider will then assist you with leaving the hospital, as well as entering and exiting care.

## What if I want to continue after I have finished my TCP period?

Loved our meals? It's easy to continue ordering from us. Call us to discuss payment options and how we can provide the most cost effective meal solution for you.

## I've signed up with Meals on Wheels – what's next?

-  1. We will arrange a first home visit to help get you started and answer any questions you may have.
-  2. Order from our extensive menu, which offers a variety of dietary options and meal sizes.
-  3. Meals are delivered to you with a smile by a friendly volunteer, who checks in on your wellbeing.
-  4. Enjoy affordable and nutritious meals, helping you to live a flourishing, independent life!