

For most patients, going home after the completion of treatment will be fairly straightforward.

However there are some patients who have special requirements for their care following discharge.

To assist with your care after discharge St Vincent's Private Hospital Melbourne provides a Discharge Coordination Service which is a team of experienced specialist registered nurses, social workers and allied health staff.

It is vitally important that these needs are identified early so that the appropriate discharge plan can be made.

These Home Support issues may range from:

- Personal Care
- Cleaning
- Preparation of meals
- Physiotherapy
- Home Nursing (wound care / IV therapy)

**PLEASE NOTE: not all Health Funds pay home nursing, home care or home physiotherapy.**

In this case, private service providers in the community will charge you for any services that they may provide.

## Allied Health

You may be seen by a physiotherapist and an occupational therapist during your stay. They will help you to prepare for discharge to home.

The physiotherapist will ensure you are safely mobile and have a good understanding of any exercises you need to continue with and physical precautions you may have to observe following an operation. They will also liaise with you, your family representative and the Discharge Coordinator to arrange ongoing physiotherapy if required.

The occupational therapist will ensure you will be confident managing activities of daily living (ADL's) such as washing, dressing and cooking. They can provide equipment and advice to assist you managing at home and put you in contact with community services if needed.

## Discharge Coordination Team

If you have any concerns regarding the care organised for you at home, please contact members of the Discharge Coordination Team on the following numbers during business hours

### Discharge Coordinators

Fitzroy (03) 9411 7479  
East Melbourne (03) 9928 6244  
Kew (03) 9851 8885

### Social Work

Mike Thorbecke – Fitzroy & Kew  
Sally Young – East Melbourne  
Contact via Hospital Switchboard: 9411 7111

### Occupational Therapy or Physiotherapy

Please call the Discharge Coordinators at the hospital you attended and they will arrange for someone to call you.

A regularly updated list of accommodation options can be found on our website:  
[www.svpm.com.au/content.php?article=visitorpatient-accommodation](http://www.svpm.com.au/content.php?article=visitorpatient-accommodation)



*Developed in consultation with our patients*

### St Vincent's Private Hospital Fitzroy

59 Victoria Parade Fitzroy Vic 3065  
Phone: (03) 9411 7111 Facsimile: (03) 9419 6582

### St Vincent's Private Hospital East Melbourne

159 Grey Street East Melbourne Vic 3002  
Phone: (03) 9928 6555 Facsimile: (03) 9928 6444

### St Vincent's Private Hospital Kew

5 Studley Avenue Kew Vic 3101  
Phone: (03) 9851 8888 Facsimile: (03) 9853 1415

[www.svpm.org.au](http://www.svpm.org.au)

ACN 083 645 505



**ST VINCENT'S  
HEALTH AUSTRALIA**

UNDER THE STEWARDSHIP OF MARY AIKENHEAD MINISTRIES



## Discharge Planning Patient information



**ST VINCENT'S  
PRIVATE HOSPITAL  
MELBOURNE**

A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA

## Allied Health

The Social Worker is able to assist patients with complex needs who need support at home and in other Rehabilitation and Care Service.

The hospital works closely with public hospital Aged Care Assessment Services who can assist patients who may need supported or respite. In some instances the most appropriate care will involve admission to aged care facility. This may be required for either a short period of time (respite care) or an extended period of time (permanent care).

## Ambulance

It is important to note that Ambulance Victoria (AV) no longer funds transport home against a patient's pension number or AV Membership unless clinically necessary as deemed by Ambulance Victoria.

### Most Health Funds will not cover transport home.

Patients should be aware that they should discuss with family or friends suitable transport home before coming to hospital.

## Home Care Organisations

If you require home assistance upon discharge from St Vincent's Private Hospital Melbourne please find below a list of available Service Providers that may be able to assist. No medical referral is required. There will be a cost for these services which the Service Provider will discuss with you.

*The hospital does not endorse these companies, it is a guide only and other companies may be sourced through other means.*

## Home and Personal Care Services

Organisation	Telephone	Home Help	Personal Care	Meals/Shopping	Transport
After-Care Australia	1300 464 663		✓	✓	✓
Annecto The People Network	(03) 9687 7066	✓	✓	✓	✓
Apto Direct	(03) 9725 3219	✓	✓	✓	✓
Arcare Home Care	1300 272 273	✓	✓	✓	✓
At Home Care	(03) 9578 2389	✓	✓	✓	✓
Australian Unity Home Care	1300 160 170	✓	✓	✓	✓
Benetas at Home	1300 236 338	✓	✓	✓	✓
BlueCross Care at Home Services	1300 133 414	✓	✓	✓	✓
Calvary Silver Circle	1300 660 022	✓	✓	✓	✓
Care with Quality	(03) 9572 9300	✓	✓	✓	✓
CareChoice	1300 737 942	✓	✓	✓	✓
Home Instead Senior Care	(03) 9576 8545	✓	✓	✓	✓
Homecare Relief	(03) 9571 4001	✓	✓	✓	✓
Jewish Care Blue Star Services	(03) 8517 5999	✓	✓	✓	✓
MECWA	1800 163 292	✓	✓	✓	✓
Mercy Home Care	(03) 8530 6999	✓	✓	✓	✓
Omni-Care	(03) 9484 8102	✓	✓	✓	✓
Prestige In-home Care	1300 103 010	✓	✓	✓	✓
RDNS Home Care	1300 665 444	✓	✓	✓	✓
Southern Cross Community Service	(03) 9722 4600	✓	✓	✓	✓
Villa Maria Direct	1300 484 552	✓	✓	✓	✓
Red Cross	(03) 8327 7700				✓
Victorian Patent Transport	(03) 5333 6040				✓

## Nursing

Organisation	Telephone
Baptcare Community Nursing	(03) 9385 6566
Benetas at Home	1300 236 338
Blue Cross at Home Services	1300 133 414
Mecwa Home Nursing	1800 163 292
Mercy Home Care	(03) 9658 9733
Prestige Inhome Care	1300 103 010
RDNS	1300 334 455
St John of God Healthchoices	1300 475 442
Stanhope	1300 732 370
Kincare	1300 733 510

## Meals

Organisation	Telephone
Choice Fresh Meals	(03) 9592 2648
Klien's Gourmet Foods	(03) 9528 1200
Lite n'Easy	13 15 12
Tender Loving Cuisine	1800 801 200
Katrina's Kitchen	(03) 9569 0488
King David Kosher	(03) 9527 5525
Meals in a Moment	(03) 9580 7906
The Dumb Waiter	(03) 9509 3720

## Personal Alarms

Organisation	Telephone
Lifeguard	1800 636 226
PANDAHCare	03 9787 0216
Vital Call	1300 360 808
MEPACS	1800 451 300
Calvary Silver Circle	1300 302 588

## Equipment Hire

Organisation	Telephone
Able Medical Hire	(03) 9808 4999
Care Plus Living Solutions	1300 854 515
Endeavour Industries	(03) 9794 8437
Fisher Lane	(03) 9419 2250
Independence Aust	(03) 9417 7400
Joseph's Chain	1800 033 649
Statewide Home Health	(03) 9591 6234
Vic Home Health Equip	(03) 9738 0878