Continuing Care Program
Information for patients and families

Key points

- The Continuing Care Program aims to support you while recovering from your illness/injury and assist you to become as independent as possible with your daily routines, in preparation for you returning home
- The Program requires you to take part in individual and group therapy (if appropriate) designed for you
- If you will need extra support, when you are ready to go home, we can help arrange the services you need
- You may need to move into other accommodation instead of returning home. In this case, we can help you and your family to organise this and continue to work with you at keeping your level of fitness while you wait.

Continuing Care Units

Rehabilitation

- This unit provides a fast track therapy service
- Our aim is to improve your ability after illness or injury to assist you to function at the highest possible level of independence
- The Rehabilitation ward is located at Broadmeadows Hospital

Geriatric Evaluation and Management (GEM)

- These units provide slower paced rehabilitation and aged care after an illness or injury
- Our aim is to help you return home with the best level of health and function
- The wards are located at Bundoora Centre, Kilmore Hospital, and in limited circumstances such as need for Dialysis, at Broadmeadows Hospital.

Geriatric Evaluation and Management at Home

- This program provides GEM in your own home
- In consultation with you and your family, the treating team will develop a care plan that aims to meet your needs and goals, and includes a daily visit from member of the GEM @ Home team.
Palliative Care

- If you have a life-limiting illness, it may be suggested that you transfer to the Palliative Care Unit for symptom management, assessment and care for you and your family with the focus on quality of life
- We address your physical symptoms together with your emotional, spiritual and social needs, while planning for discharge home if possible
- The Palliative Care Unit is located at Heritage Epping Gardens Aged Care Facility.

Other Continuing Care Units

- At times, it may not be safe for you to go straight home after hospital if you require a period of recovery or cannot take weight through one of your limbs due to an injury
- You may need to be admitted to our Transition Care Program or GEM at Resi Program while you wait for the situation to change.

Transition Care Program

- The Transition Care Program offers you extra time, support and low intensity therapy after a hospital stay while longer term living and care arrangements are being finalised
- It is a time-limited program of up to 12 weeks
- The Transition Care Program can be at a local Residential Aged Care facility or in your home depending on the amount of support needed
- There is a fee associated with these Programs

GEM at Resi

- This program aims to support you if you are waiting for a permanent Residential Aged Care bed or if you cannot go home due to an injury of a bone while you are waiting further rehabilitation
- Low intensity physiotherapy, care coordination and Geriatrician support is provided at local Residential Aged Care facilities.
- There is a fee for medications used whilst on this Program
Continuing Care Locations

Broadmeadows Hospital
35 Johnstone St, Broadmeadows 3047 Phone: (03) 8345 5000
- Rehabilitation

Bundoora Extended Care Centre
1231 Plenty Rd, Bundoora 3083 Phone: (03) 9495 3100
- Geriatric Evaluation and Management

The Kilmore & District Hospital, Anderson Rd, Kilmore 3764

Heritage Gardens Epping, 25 Willandra Drive, Epping 3076
- Palliative Care

Local Residential Aged Care Facilities
- Transition Care Program
- GEM at Resi.

Further Information:
Please ask to speak to Nurse in Charge or Doctor on your ward.

Northern Health welcomes your questions. Ask us:

What is my main concern?  What do I need to do?  Why is it important for me to do this?

You can ask questions when:
- You see a doctor, nurse or other health care provider
- You prepare for a medical test or procedure
- You receive medication

This information is general only. Northern Health encourages you to ask questions and get specific advice from your treating team.

If you need an Interpreter or the support of an Aboriginal Liaison Officer, please speak to a staff member.

Northern Health