HOSPITAL SUBSTITUTE TREATMENT

Professional care from the comfort of your own home
HEALTH STARTS AT HOME
RECOVER AT HOME

With our In Home Hospital Care, Rehabilitation and Wound Management services, you can recover from the comfort of your own home and from your own bed.

- No additional out of pocket expenses
- Reduced length of stay in hospital
- Where required the program may include Personal Care, Home Support and/or meals for the patient

HOW DOES IT WORK?

If you have a scheduled operation or you are already in hospital and think the Hospital Substitute Treatment (HST) program may apply, call us on 02 9685 7567 or email wellness@cbhs.com.au to check if you qualify.

The CBHS Wellness Team will then organise the right professionals to visit you at your convenience.
RECOVERY MEETS COMFORT

OUR SERVICES

Hospital in the Home
Get hospital grade care in the comfort of your own home.
You might qualify for In Home Hospital Care if you:
- Have wounds that need frequent dressings
- Require intravenous antibiotic therapy, but are otherwise well enough to be at home
- Need help and assistance with mobility and health support around the home
- Need palliative care
- Need assistance with acute mental health conditions

Rehabilitation in the Home
Recover in the place you feel most comfortable.
You might qualify for Rehabilitation in the Home if you are having or have had:
- Joint replacement surgery
- Neurological, respiratory, or cardiac conditions
- Spinal conditions
- Mobility problems
Wound Management

Wound management services are for those who have injuries that require frequent or complex dressings.

You might qualify for Wound Management if you are receiving:

- Negative pressure wound therapy (VAC therapy)
- Complex ulcer care
- Care following surgical debridement of a wound
- Wounds that require packing
- Care following mastectomy
- Drain management
RECOVER WHERE YOU FEEL MOST COMFORTABLE

OUR PROFESSIONALS

We send health care professionals to your home to give you the care, services and support you need to recover.

Registered and Specialist Nurses

Fully-trained and qualified nurses who can assist you with:

- Wound care
- Assessing and monitoring your health
- Mobility
- Pharmaceutical management
- Mental health support
- Palliative care

Physiotherapists

Physical body specialists who can help you get moving.

They provide:

- Personalised conditioning and exercise programs for strength, balance and mobility
- Help you recover from surgery
- Managing or preventing fatigue, pain, muscle and joint stiffness and deconditioning
- Advice on how to move around the home without exacerbating your condition
Occupational Therapists

Professionals that can assess and reduce risks around your home and help you return to daily life. They can:

- Enable you to regain and enhance your daily life after specific events such as joint replacement or stroke
- Find potential risk hazards in your home
- Prescribe and support you in the use of specialised equipment to assist with activities of daily living
- Organise and deliver safety aids

Personal Care or Home Support

These services can be provided where required as part of an In Home Hospital Care or Rehabilitation Program. These helpers ensure you’re able to complete your day-to-day responsibilities. They can assist with:

- Personal Care such as showering, dressing and grooming
- Home Support such as light housekeeping to assist you to concentrate on your recovery

How do I qualify?

You need to hold an appropriate level of CBHS Hospital cover or package.
For more information on the programs available to you, please contact our Wellness Team on 02 9685 7567 or email: wellness@cbhs.com.au
WHY IS HST BECOMING MORE IMPORTANT?

Here’s a look at why Australians are entering hospital for Rehabilitation and Palliative care, and how long they’re staying.

**Hospital Admissions**

10.2 million hospitalisations 2014–2015

REHABILITATION CARE ACCOUNTED FOR:

- **Public Hospitals**
  - 1.7% (173,400) of hospitalisations
  - 8.8% (897,600) of patient days

- **Private Hospitals**
  - 7.4% (754,800) of hospitalisations
  - Almost 14% (1,428,000) of patient days

**Length of Stay**

2014–15 average length of stay was generally higher for subacute and non-acute care (which includes Rehabilitation and Palliative care)

- **Public Hospitals**
  - 5.7 days

- **Private Hospitals**
  - 5.2 days

**Palliative Care**

2014–15 Palliative Care

- **Public Hospitals**
  - Average 5.2% per year

- **Private Hospitals**
  - Average 3.1% per year

- **Most Common Reason for Rehabilitation Care**
  - Osteoarthritis of the knee and hip

41,000 hospitalisations for palliative care

0.4% of hospitalisations

Australian Institute of Health and Welfare Australia’s hospitals 2014–15 at a glance
Feedback

CBHS Health Fund appreciates any feedback regarding any of the programs described in this brochure. If you have comments or feedback please email them directly to wellness@cbhs.com.au

General Enquiries

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