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# HOSPITAL SUBSTITUTE TREATMENT



Professional care from the  
comfort of your own home





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HEALTH  
STARTS AT  
HOME



Professional care from the comfort of your own home

# In Home Hospital Care, Rehabilitation, and Wound Management Services

## 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](mailto: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.

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# 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

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# 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?

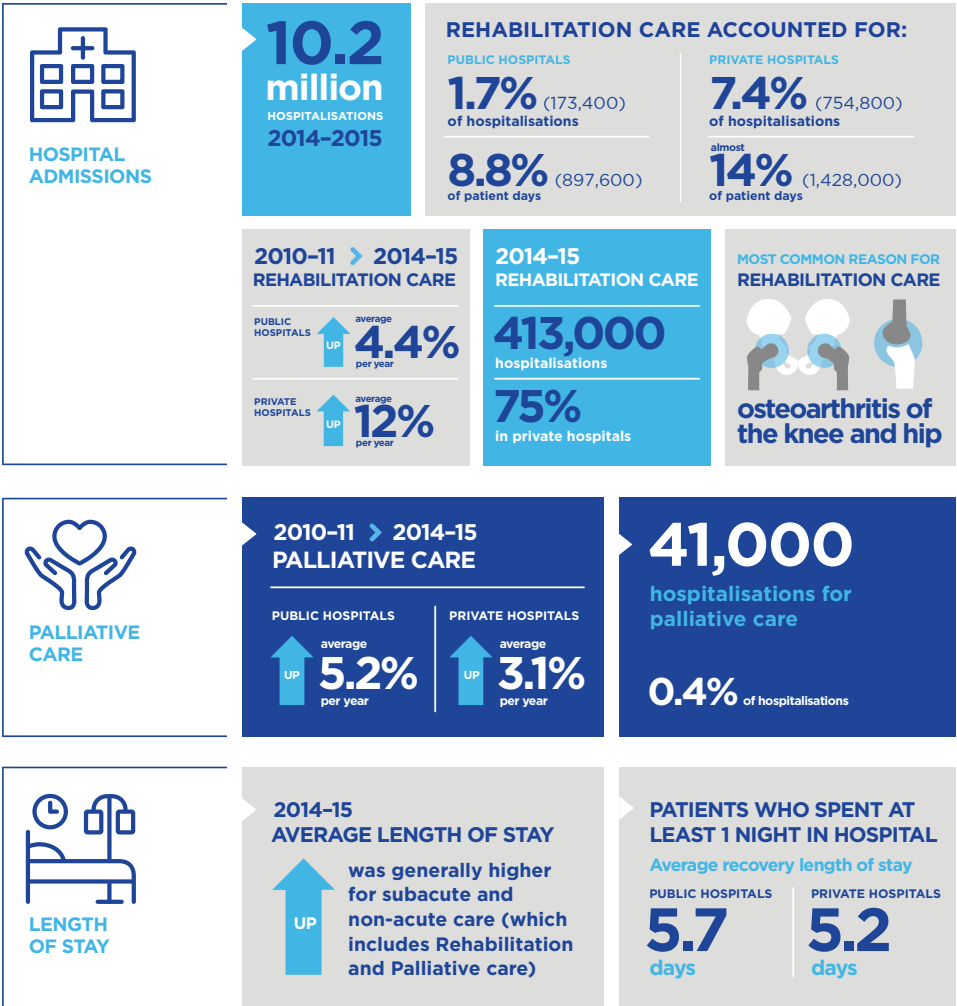
**You need to hold an appropriate level of CBHS Hospital cover or package.**

**For more information on the programs available to you, please contact our**

**Wellness Team on 02 9685 7567 or email: [wellness@cbhs.com.au](mailto: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.



Australian Institute of Health and Welfare Australia's hospitals 2014-15 at a glance <http://www.aihw.gov.au/hospitals/#haag>





## 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](mailto:wellness@cbhs.com.au)

## General Enquiries



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