

# Short Term Restorative Care (STRC)

## What is Short Term Restorative Care?

Short Term Restorative Care is an 8 week program designed to reverse or slow functional decline and optimise independence in the older person. It is delivered with a multi-disciplinary approach, including your GP and a minimum of two other disciplines such as physiotherapy or occupational therapy.

STRC is delivered in your own home.

The aim of STRC is:

- To support clients to regain the ability to carry out activities of daily life;
- Help clients manage new or changing health conditions;
- Provide assistance to clients to support them to live as independently as possible.

## Eligibility

Clients who are eligible for STRC

- Cannot be currently receiving a Commonwealth Funded Home Care Package
- Cannot have been in hospital for 3 months prior to commencement of STRC
- Cannot have received a Transitional Care Package for 6 months prior to commencement of STRC
- Cannot be a permanent resident of an Aged Care Facility.

You can be receiving Commonwealth Home Support Services or NDIS.

Please note, eligible clients will require an Aged Care Assessment for approval.

## Our Short Term Restorative Care program

Shepparton Villages is an approved provider of Short Term Restorative Care and can deliver packages across the Hume Region. We will work with you to set your goals and ensure the maximum benefit of your program is achieved. You will receive an individualized care plan detailing your 8 week program.

## Why Shepparton Villages?

Shepparton Villages is a local and experienced provider of Aged Care services including Home Care Packages, Residential Care and Respite Services, as well as Independent Living.

## Services that can be offered through STRC

### Allied Health including but not limited to:

Physiotherapy  
Occupational Therapist  
Podiatry  
Speech Therapist  
Dietician  
Allied Health Assistant  
Exercise Physiologist  
Counselling Services

### Other Services available:

Domestic Assistance  
Personal Care  
Shopping Assistance  
Social Support  
Day Support Programs  
Meal Assistance  
Medication Assistance  
Nursing Care

All services are delivered in the comfort of your own home.

## We are here to help

Please contact Shepparton Villages Community Services Program Manager, Emma Williamson.



Emma Williamson  
Community Services Program Manager

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Visit:

[www.sheppvillages.com.au](http://www.sheppvillages.com.au)

[www.myagedcare.gov.au/service-finders](http://www.myagedcare.gov.au/service-finders)

[www.agedcare.health.gov.au/programs-services/flexible-care/short-term-restorative-care-programme](http://www.agedcare.health.gov.au/programs-services/flexible-care/short-term-restorative-care-programme)

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### For more information or enquiries please contact:

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