

FACT SHEET

Hunter New England Health Aged Care and Rehabilitation Services Plan

Background

HNE Health has developed a suite of plans that outline the direction of health service development and delivery across the Hunter New England Health region for the next five years.

The plans include:

- A New Direction for Hunter New England – Health Service Strategic Plan towards 2010
- Area Healthcare Services Plan 2006 - 2010
- Clinical Service Plans, including:
 - **Aged Care and Rehabilitation Services Plan**
 - Cancer Services Plan
 - Mental Health Services Plan
 - Chronic Disease Services Plan

Additional clinical services plans will follow, as will plans for corporate services that support the delivery of clinical services.

What is the Hunter New England Aged Care and Rehabilitation Services Plan?

HNE Health's Aged Care and Rehabilitation Services Plan (ACARS Plan) has been devised in consultation with clinicians, managers, relevant service and consumers.

The plan outlines the directions for aged care and rehabilitation service development and delivery across the Hunter New England Health area for older people and their carers, as well as adults needing rehabilitation. It aims to improve opportunities for them to remain as independent and healthy as possible, and with the ability to participate in community life.

Strategic actions and initiatives to be implemented are identified in the plan. These

The Aged Care & Rehabilitation Services Plan sets the direction and priorities for aged care/ rehabilitation services in the HNE Health region over the next five years

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actions and initiatives aim to build on the strengths of HNE Health's aged care and rehabilitation services by enhancing the delivery and quality of those services.

An integral part of this plan is improving relationships, referral information and care coordination with GPs and other service providers.

The ACARS Plan is a living document. It will be reviewed annually and annual Operational Plans developed to prioritise the work to be undertaken.

The operational plans will identify key initiatives to be implemented within existing resources and through reallocation of resources.

Some initiatives in the plan require new funding. While every effort will be made to secure the funding required, both by the services' management and by the Area Executive Team, we cannot guarantee we will be able to get all the funding needed. Without additional funding, some things identified in the plan may not be able to be achieved.

What specialised services are involved in ACARS?

As well as acute hospital and community based health services which provide general health services, HNE Health has many specialised services which form part of the network of ACARS, including:

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- Aged Care Assessment Teams (ACAT)
- Carer Education and Support Services
- Commonwealth Carer Respite Services
- CareLink
- Community Options Program
- Confused and Disturbed Elderly Units
- Dementia Services
- Geriatrician and rehabilitation staff specialists
- HNE Health residential aged care facilities (including designated beds in Multi Purpose Services)
- Inpatient, outpatient and community rehabilitation services
- Post-acute and community stroke services
- Rehabilitation day hospitals
- Transitional Living Unit (Brain Injury Service)
- Resident Short-term Accommodation Service.

Why is there a focus on supporting people to stay at home?

With the rapidly ageing population, there is unprecedented demand for health services.

Aged care and rehabilitation services are currently provided by both generalist and specialist healthcare teams in acute hospitals, residential aged care facilities, community health centres and in the home.

Home based care has been identified as the preferred model of care wherever possible for both clinical reasons and for the comfort of the patient.

Real risks have been identified when older people remain in acute hospitals, such as exposure to pathogens from other patients and visitors, pressure ulcers or loss of body condition.

Supported early discharge options and a range of community based services using a multidisciplinary case management approach need to be developed and/or expanded.

Effective aged care services are therefore determined by a nexus of patient, carer and general practitioner, drawing on specialist multidisciplinary services as required.

What will we see in the next five years?

Under the ACARS Plan, HNE Health will strengthen its capacity to provide:

- Pre-acute care – rapid response teams and community health
- Acute care in the home – supporting GPs
- Acute inpatient care
- Extended care through community services, self management, chronic disease links, palliative care links
- Rehabilitation services
- Community aged care services
- ACAT services
- Residential care
- Prevention and healthy ageing strategies
- Support for carers and other service providers

How can I view the Aged Care and Rehabilitation Services Plan?

The full Aged Care and Rehabilitation Services Plan can be downloaded from the HNE Health intranet site by visiting:

http://www.hnehealth.nsw.gov.au/_data/assets/pdf_file/0019/36532/HNE_Health_Aged_Care_and_Rehabilitation_Services_Plan.pdf

The ACARS Clinical Network was launched in October 2006 and will drive the implementation of the ACARS Plan.

The clinical leaders for the Network are Dr John Ward (Aged Care) and Dr Michael Pollack (Rehabilitation).

For more information contact HNE Health's ACARS Network Co-ordinator, Viki Brummell on 02 6739 0131.