

How much will a ComPacks package cost?

You will be asked to make a contribution. If you have any concerns regarding this payment, please discuss this with your case manager.

What happens when ComPacks finishes?

Before the ComPacks finishes, your case manager is required to link you with any ongoing services. This may involve a wait for available services.

Alternatively they can provide information if you wish to engage services at a later date.

You can contact your Community Options case manager if you have any questions or concerns while receiving your ComPacks.

ComPacks

A package of care to help you manage a safe return home from hospital

Further information:

There are several methods of contact,

all ensuring confidentiality.

T 02 6499 2464

F 02 6499 2448

E aging&disabilityservices@begavalley.nsw.gov.au

Office hours:

Monday to Friday 9am to 5pm

Office Location:

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MAILING

PO Box 492, Bega NSW 2550

NSW  HEALTH

COMMUNITY OPTIONS

Bega Valley Community
Options ComPacks
Program

ComPacks

Information for Patients
and their families



ComPacks are provided by:
Bega Valley Shire Council
Community Options

SUPPORTING A
SAFE RETURN HOME
FROM HOSPITAL

What is ComPacks?

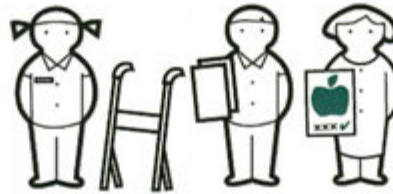
ComPacks is a package of care to help you regain your independence and manage a safe return home from hospital.

How long does a ComPacks package last?

The package is available for up to six weeks following discharge from hospital. During this time, the Community Options case manager will assess your on-going needs and make the necessary adjustments to your support.

Who is eligible?

Any person in hospital who is assessed as needing the support of two or more community services following discharge from participating NSW public hospitals.



How do I get a ComPacks referral?

Hospital staff make the referral and they could be:

- Ward nurses
- Discharge planner
- Aged Care Assessment Team (ACAT)
- Occupational Therapists
- Social Workers
- Physiotherapists
- Doctors



What is provided?

When you are referred for a ComPacks, a Community Options case manager is allocated to you and is your key contact throughout the program. A case manager assists in deciding with you what may be helpful during the program's six weeks.

Examples of what services the case manager can help you access are:

- Domestic assistance
- Equipment hire
- Washing and ironing
- Home modifications/maintenance
- Assistance with personal care
- Transport to and from appointments
- Meals on Wheels
- Meal preparation at home
- Social support
- In home respite
- Shopping support