

Healthy at Home

(Previously the SAFTE Care Program)

Referral Criteria

What is Healthy at Home?

Healthy at Home is designed to support older people (aged 65 years or older or 45 years for ATSI) whose medical condition is starting to deteriorate. It allows an older person to be cared for at home as an alternative to a hospital admission.

Healthy at Home offers:

- a response within 48 hours
- access to a clinical team
- access to clinical diagnostics
- access to a Community Options case manager for up to 6 weeks
- coordination of care between all health and community service providers.

When to refer?

At the onset or deterioration of one or more of the following:

Mobility

- Recent fall and/or change in ability to walk

Every day tasks

A change in usual every day tasks e.g.

- Washing self is difficult
- Not changing clothes
- Not getting to the toilet on time/soiling clothes
- Unable to prepare a meal

The Carer needs

- The carer notices an increase in the needs of the care recipient
- Carer feels that they can not meet the needs and feel unable to cope

Community Services

- Need for extra or ad hoc community support in recent weeks

Home environment

- Neglected home environment i.e. rotting food in fridge, soiled sheets

Deterioration in health

- Shortness of breath
- Swollen limbs
- Dizzy spells
- Lack of interest in food/loss of appetite
- Increased tiredness

Memory

- Confusion or increasing forgetfulness – usually noticed by a carer, relative or someone like the neighbour

You suspect the person is at imminent risk of needing to go to hospital.



1800 152 149

24 hours a day, 7 days a week.