

# Rehabilitation at Home Reference Guide

Rehabilitation at home (RAH) is a multidisciplinary allied health-based service that allows suitable workers to undertake part or all of their post-acute hospital discharge rehabilitation in their own home. The service aims to facilitate an early discharge from hospital and assist them to transition back into the home safely and act as an alternative to inpatient stays for workers.

## Accessing services

RAH can be accessed by anyone post-surgery, if they are reviewed as being suitable to undertake their rehabilitation at home. This is done by the hospital to ensure it is safe for the worker.

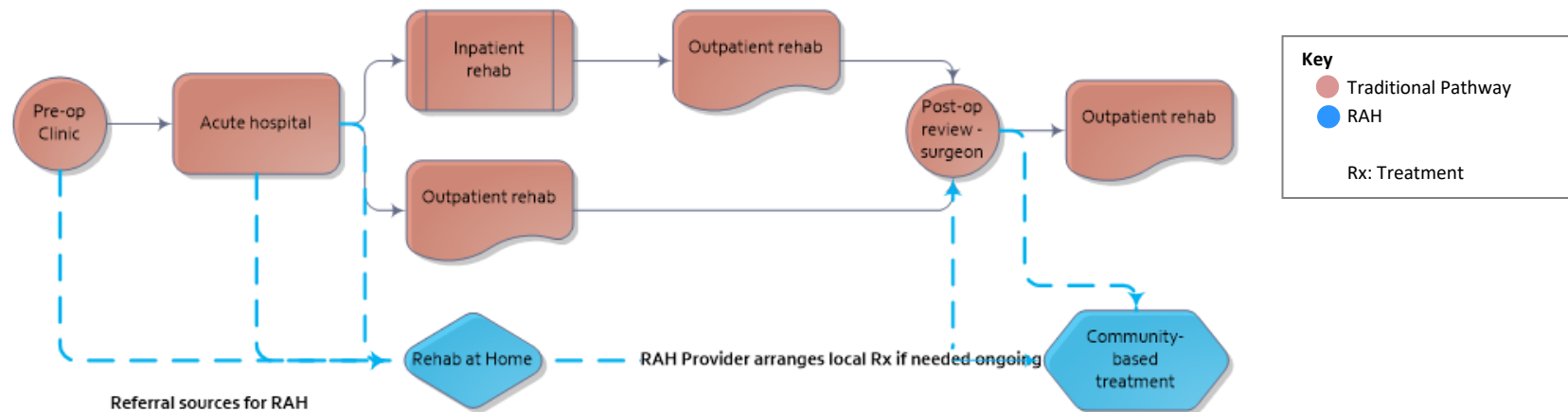
Surgeons can recommend it as part of the rehabilitation process or a worker can ask their surgeon if it's a suitable option for them.

## Benefits

RAH has a number of benefits including:

- right care at the right time for the right duration.
- personalised treatment that is focussed on the workers functional goals, in their own environment, from a coordinated multidisciplinary team
- more options and greater worker choice
- higher worker satisfaction post-surgery
- reduced dependency on medical care
- enhanced social connections.

## The process



# Rehabilitation at Home Reference Guide

## A few conversation starters

After surgery is approved, have a chat with your workers about RAH. Here are a few conversations tips to help:

- As your surgery is coming up, I just wanted to let you know about Rehabilitation at Home. This is a service we can fund to help with your recovery. Would you like to know more about it?
- Rehabilitation at Home is a service run by qualified rehabilitation providers that supports you to undertake part or all of your post-operative rehabilitation in your own home
- If your surgeon or discharging nurse feels it's suitable for you they can refer you to a Rehabilitation at Home provider, you can also suggest if the service will work for you.
- They can provide four to eight weeks of assistance and you will have a central care coordinator allocated to you who will support you as you recover in your home.
- The care coordinator will help with:
  - initial screening and assessment
  - allocation of all services which can include
    - Physiotherapy
    - Nursing
    - Occupational therapy
    - Nutritional services
    - Personal care
  - collaborating with you, your surgeon, general practitioner, managing agent, family members and any other service providers to support your recovery.

### More information

Check out the RAH Policy, the Online Claims Manual, WorkSafe website and Discover for more information.



### Does my worker need to get a referral?

No, it's part of the post-surgery recovery process, like outpatient care. The discharging hospital will need to approve it for their patient and then we can fund it.

### What type of injuries does it work for?

RAH is intended to be a substitute for inpatient rehabilitation, where a worker needs multidisciplinary care (usually physiotherapy and nursing) and has active rehabilitation goals. Some people can go directly from the hospital to community based rehab, and some people genuinely need inpatient rehab, but most people are able to safely go home after surgery with the support and services rehab at home offer. The rehabilitation provider will screen the worker to ensure the workers rehabilitation needs are suitable for Rehabilitation at Home.

### Does this service cost more than traditional post-surgical programs?

No, in fact an evaluation program performed in 2016 found there were a number of savings. For elective joint replacement they saw savings of around \$3,000 - \$5,000 as an 8 week rehab at home program costs around \$2,000 versus \$5,000 – \$7,000 for 7-10 days of inpatient rehab. Significantly more savings can be seen in acute trauma conditions.

### Do we get any reports on how treatment is going?

Yes, you will get an initial report, a progress report usually mid-way through treatment cycle and a discharge summary, at discharge.

### How do we pay for it?

The invoices will be sent in for payment by the provider.

### What if I'm concerned about the cost or the treatment?

If you have any concerns please send an email to [provider@worksafe.vic.gov.au](mailto:provider@worksafe.vic.gov.au) and include the workers claim number, invoice details and the nature of your concerns.

### What's the difference between rehabilitation at home and hospital in the home (HITH)?

RAH is a service that is separate to that of Hospital In The Home (HITH) being HITH patients are commonly medical type patients versus rehabilitation type patients. In any event the Rehabilitation at Home provider will still triage inappropriate patients from there service where HITH is provided by the discharging hospital.

### Is there anything I can send my worker on Rehabilitation at Home?

Yes there is a Rehabilitation at Home flyer that can be sent.