

# Length of stay information for family/carers

## CABRINI PALLIATIVE AND SUPPORTIVE CARE

Cabrini Prahran is a 22 bed specialist palliative care unit. Patients are admitted to this unit for the management of complex symptoms, to provide psychosocial support, facilitate complex discharge planning or for end-of-life care. There is a high demand for beds at Cabrini Prahran.

Like all other palliative care units in Australia, **Cabrini Prahran is not a long stay facility**, with an average length of stay of 10-12 days. Once symptoms are stabilised and if the patient is not close to the end-of-life, we will invite you and your family/friends to explore how we can best continue to provide care in an alternative facility. This care may be provided at home or at a residential care facility, with support from a community palliative care service.

If a private home is the preferred option, the multidisciplinary team will ensure the home environment is adequately assessed. This will include exploring the need for specialised equipment, ensuring families are trained and additional support is provided to assist the family to safely care for the patient. Patients who are discharged to a home environment are able to be readmitted to Cabrini Prahran following assessment by a community palliative care nurse or a doctor.

If residential care is required the social worker will meet with you. Please refer to the information below.

All patients discharged from Cabrini Prahran will be linked in with a specialist community palliative care service to provide ongoing monitoring of symptoms, provide advice and to anticipate future care requirements. The Cabrini Palliative Home Care service can be accessed 24 hours a day.

Rest assured, if a discharge plan is in place and there is a change in the patient's condition, our staff will attend to the patient's immediate needs and discharge plans will be reviewed.

### Helpful information for accessing residential care facilities

The following information has been compiled to assist families and carers through the residential care process. We understand how stressful this time can be and we hope that the information below will assist.

1. To be eligible for entry into a residential care facility, your family member/friend will need to have a current Support Plan, also known as the Aged Care Client Record (ACCR) approval from the Aged Care Assessment Team (ACAS). If you do not have a current Support Plan approval, our team will arrange for a permanent care assessment to be completed during the patient's hospital stay.
2. Depending on the patient's financial position, you may decide to complete the enclosed Assets and Income Assessment form. This information will be used to calculate the aged care fees. Once this form is completed, please return it to the appropriate department (Department of Human Services Residential Care or Department of Veterans' Affairs Aged Care Assets Assessments). **The relevant addresses to return the completed form are on the rear of the Assets and Income Assessment form.**
3. We can advise you on how to arrange appointments to view several residential care facilities. If your preferred facility does not have a current vacancy, it is recommended you consider other facilities. A list of facility vacancies can be found in the DPS Guide to Aged Care or by contacting the My Aged Care information line on 1800 200 422. Alternatively you can visit [www.myagedcare.gov.au](http://www.myagedcare.gov.au)
4. The Cabrini timeframe for discharge to residential care is approximately seven to ten days from the date of the ACAS assessment. It is advisable to place your family member/friend's name on the waiting list of more than one facility.

Please ensure you maintain ongoing contact with the social worker by providing updates about your residential care search. Your social worker will advocate on your behalf and assist residential care facilities to prioritise your admission.

Once a vacancy at a residential care facility has been confirmed, the social worker will liaise with Cabrini Prahran to ensure the transition is as smooth as possible.

**Please contact our social worker with any questions or concerns:  
ph (03) 9508 5027.**