

MIFWA

HOSPITAL TO HOME PROGRAM

Supporting people to reintegrate into home and community after a hospital stay

'Everything's going along nicely. I will keep on thriving and no amount of thank yous will ever say how grateful I am. The program saved my life.'

What is the Hospital to Home Program?

The Hospital to Home Program is a peer led service that supports people who have been in hospital due to experiencing mental distress to return home following a hospital stay. MIFWA's peer workers provide people with practical assistance, assisting them to reintegrate into home life and the community.

How can we help?

Returning home following a hospital stay can be overwhelming, and we recognise having someone who offers support and information can make the transition home easier and less stressful. Our experienced Peer Workers understand the difficulties faced on discharge from hospital. By connecting with people while they are in hospital, our Peer Workers provide valuable support and understanding. This initial support while in hospital continues upon discharge for up to eight weeks after they leave hospital.

The Hospital to Home Program:

- Connects people to the support they need to stay safe and well
- Supports people to regain confidence and build resilience
- Optimises the transition to home following a hospital stay
- Supports and facilitates referrals to other service providers
- Reduces the risk of re-referral into hospital.

How it works

Following receipt of a referral from a partner hospital, a MIFWA Peer Worker contacts and meets with the person referred to talk through their situation. Together, they develop a plan about the supports needed. For some people, regular phone calls and checking in over the first few weeks at home may be all that is required. For others, connection to ongoing support to navigate problems is provided over the weeks and initial few months following their hospital experience.

Some of the supports our Peer Workers offer:

- Initial visit while in hospital
- Transportation to appointments (e.g. doctor, other health professionals)
- Home visits / telephone support
- Help to break down barriers to access services
- Assistance with building confidence
- Attend appointments with a person
- Connecting them to their local community

For more information, contact the MIFWA Hospital to Home Program:

Email: info@mifwa.org.au | Telephone: 9237 8900



MENTAL ILLNESS FELLOWSHIP OF WA

Level 3, 9 The Avenue, Midland

Phone: (08) 9237 8900

Email: info@mifwa.org.au

www.mifwa.org.au