

# Care Coordination Services

It is essential to carefully plan each individual's care services with them to achieve the optimum outcome.

## Location:

Tasmania (coordinated from 24 Sunderland Street, Moonah).

## Who can access this service

People under the age of 65 with a mental illness and /or a disability and their carers.

## Referral

Potential clients can contact CBS for more information. Family members/carers, medical practitioners, health professionals or other service providers may refer on the client's behalf with the client's consent.

## Services details

During the initial, and then subsequent assessments, needs are identified which assist clients to maintain independent living for as long as possible. Based on the wellness approach, a coordinated care plan is then put in place.

## Care Coordination Services can include:

- The development of person centred care plans in collaboration with the client, their GP and/or other relevant health providers.
- Goal oriented care planning, in partnership with the client and/or family.
- Planning of targeted interventions to optimise functionality in daily living activities. This may include assistive technology, task analysis and redesign, exercises for strength and balance, occupational therapy, physiotherapy and other physical therapies aimed at increasing balance, muscle strength and independent mobility.
- Assistance with accessing services.

- Education about the principles of self-management, healthy ageing, use of medications and illness/accident prevention strategies.
- Assistance with accessing the community.

CBS works within a strengths-based care framework. Its philosophy, values, policies and supporting tools directly facilitate active engagement of clients and their families.

## \*What does the service cost

There is no cost for the Care Coordination Services.

## Funding

Funded by the Home and Community Care Program.

## Enquiries

Ph: 1300 227 827

(Local call charges apply; calls from mobiles at applicable rates)

Monday – Friday 8.30am – 5pm (except public holidays).

[admin@cbsaust.org.au](mailto:admin@cbsaust.org.au)

[www.cbsaust.org.au](http://www.cbsaust.org.au)

\*For prices on purchased services please refer to 'Sale of Service - Fee Schedule'.

