

# Out of Hospital Care SASH Packages Information for Local Health Districts



Health

## What are Safe and Supported at Home (SASH) Packages?

- SASH packages are delivered through the **NSW Ministry of Health Out of Hospital Care (OHC) Program**.
- These packages offer **low to medium** levels of home care services aimed at supporting clients with functional impairments to remain independent and safe at home.
- Packages are available for **up to six weeks** at a time. Following the review of a client's care needs, repeat packages may be offered for further support.



## Who can refer?

Clinicians can identify and refer clients from LHD in-patient, out-patient, and community teams including: Chronic Care, Therapy, Mental Health and Aged Care Assessment Teams (ACAT).

The LHD SASH Co-ordinator or key contact will screen clients to determine their eligibility for the SASH Package.

The LHD OHC Relationship Manager will monitor package utilisation, demand and availability.

## What is provided?

### Case Management

Each client is allocated a Case Manager who will be their main contact throughout the SASH package. The Case Manager will visit the person at home to assess their needs. They will co-ordinate and monitor service provision according to the client's needs and identified goals.

The following services **may** be provided depending on the client's assessed needs:

### Domestic Assistance

Cleaning, laundry and assistance with shopping

### Personal Care

Assistance with bathing, grooming and dressing

### Meals

Assistance with meal preparation

### Transport

For medical and other appointments

### Social Support

Accompaniment to appointments

### Respite

In-home respite to support carers

## How do I refer?

Once a client has been identified and screened by staff, LHD referral protocols need to be followed. This may be;

- A direct referral to the Service Provider using the OHC referral form
- A direct referral via the Service Provider's Intake Portal
- A referral via the LHD centralised intake service

For further information, please contact your LHD Out of Hospital Care Relationship Manager, SASH Co-ordinator or the MoH Out Of Hospital Care Team by emailing [MOH-OutOfHospitalCare@health.nsw.gov.au](mailto:MOH-OutOfHospitalCare@health.nsw.gov.au)

## Who is eligible?

A person who:

- is aged between 18 – 64 years,
- has functional impairments that impact on their ability to manage activities of daily living. This may include a functional, sensory or psycho-social disability,
- has no or limited informal supports,
- has commenced the National Disability Insurance Scheme (NDIS) application process and has received a reference number and,
- has had their application to the NDIS rejected or requires support while reapplying to the NDIS or appealing an access decision.

## What happens after a SASH Package ends?

The Case Manager may:

- transition clients to an ongoing service via the NDIS or My Aged Care.
- provide the client with information if they wish to engage services at a later date.

## Client contribution

Clients will be asked to make a contribution of no more than \$10 per week. **The inability to pay will not exclude any person from accessing this program.**