Hospital to Home
A peer-led program

Supporting you to return home and into the community after a hospital stay

"Knowing you aren't alone when it matters most."

For more information, contact the MIFWA Hospital to Home Program on **9237 8900** or **info@mifwa.org.au**

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REGISTERED CHARITY
acnc.gov.au/charityregister

Level 3, 9 The Avenue, Midland WA 6056

E: info@mifwa.org.au
P: (08) 9237 8900

mifwa.org.au

supporting mental wellness + recovery

"I will keep on thriving and no amount of thank you's will ever say how grateful I am. The program saved my life."

About Hospital to Home

Returning home following a hospital stay can be overwhelming. However, we believe that even small amounts of the right support from the right person at the right time can make a big difference.

The MIFWA 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.

The Hospital to Home Program aims to:

- Optimise the transition to home following a hospital stay due to mental health challenges

- Connect people with local community and other relevant organisations and the supports they need to stay safe and well

- Support people to regain confidence and build resiliency

- Support and facilitate navigation of the mental health system

- Reduce feelings of distress and re-admission to hospital

How the Hospital to Home program works

Following receipt of a referral from the partner hospital where you were admitted, a Peer Worker will connect with you to talk through your situation. Together, you will develop a plan about the support you need.

This support will continue for up to 8 weeks once you have been discharged from the hospital, depending on your needs.

How we can support you

Our team of experienced Peer Workers understand the difficulties faced on discharge from the hospital.

Our Peer Workers provide valuable support and understanding around accessing services and building the life you want to live, including:

- Providing practical supports that align with your goals and needs

- Regularly checking in with you at home and over the phone

- Attending appointments with you

- Assistance with building confidence in the management of day-to-day activities

- Facilitating referrals to other service providers