



Care Homes

Bupa Short Stay

- Short term care
- Day care
- Showering
- Meals
- Rehabilitation

 [bupa.co.nz](https://www.bupa.co.nz)

Bupa Short Stay

A way to take a break with care.



We understand that if you are a carer, you and the person in your care may need a break from time to time. You may have other commitments, or simply just need some time out - whatever the reason, we can help. **Bupa Short Stay** gives you flexible options ranging from; the person in your care joining us for a meal to staying for several days or weeks at a time, in one of our care homes.

Options for funding

One of our friendly team members can visit you and the person in your care, at home to talk about the best options we have available.

Carer Support

This is a subsidy you as a carer are eligible for if the person in your care has an age related disability, needs 24-hour care and you are not being paid a wage to care for this person. The person you care for must be assessed by Needs Assessment and Service Coordination (NASC) services or, in some circumstances, a doctor. They can then allocate you carer support days.

Respite care

This supports full time carers of people over 65 with high

dependency needs; those being cared for are likely to need rest home, hospital and dementia level care. This is funded by your District Health Board (DHB) and the person needs to be assessed by NASC. The respite programme is designed to maintain the health and well being of carers by giving regular planned breaks. Help may also be available if there is an unexpected crisis for a caregiver.

Private

We offer self funded options or sometimes medical insurance cover may be able to be used to help meet the costs of care.

Accident Compensation Corporation (ACC)

May be available to you if you have had an accident resulting in personal injury.

Bupa Short Stay services



Short term care: This will help you to take a break and plan activities like a holiday with the knowledge and reassurance that the person in your care will be looked after. We offer short term care for a few days or up to several weeks.



Day care: The person in your care can spend the day with us. A tasty lunch, meeting other people and the opportunity to get involved in our daily activities like a little exercise, watching a movie, card games or simply relaxing are just some of the things they can do.



Meals: If you just need a few hours to run errands, we can offer the person in your care a nourishing meal* and a friendly chat with good company.

**Contact us to book ahead for a meal.*



Rehabilitation: If you have someone in your care that is recovering from a fall, an operation or just needing extra assistance – we can help. Our care homes and sites have experienced staff who can provide support in your recovery.



Showering: We can offer the person in your care assistance, if needed, to have a shower in one of our care homes.

What you need to know before your Bupa Short Stay.

❑ Booking in

It is best to plan and book a Bupa Short Stay with us as far in advance as possible. That way we can make sure we have a place for the person in your care. We like to get to know your loved one before they come to stay with us, so that we can give them the best care possible.

❑ Involving your local pharmacy

All tablets must be 'seal packaged' by your local pharmacy. All other medication (inhalers, liquids etc.) must be brought in their original packaging with pharmacy instructions on the packet. Please hand in all medications to the nurse in charge on arrival. This includes all prescription drugs and over the counter medications. Our staff will give your loved one all their



medication at the usual times. If they wish to manage their own medication, the person in your care will need a note from their doctor confirming they are able to do this.

❑ Involving your doctor

The person in your care will need to have seen their doctor within the past three months, as their own doctor will continue to care for them during their stay with us. Please ensure that a medication list has been supplied by their doctor. For any acute or after hours medical assessments, we may need to contact one of our on-call doctors if their own doctor is not available.



Your day, your way

When the person in your care comes to stay with us, we will use the information supplied to develop a care plan so that our team understand the way your loved one prefers to be cared for. Families are most welcome to join us in developing this plan.

Bupa Short Stay checklist

Have you been assessed for a short stay by Needs Assessment and Service Coordination (NASC).

Yes and NASC have confirmed dates for us.

No
Ask the Doctor of the person in your care to refer you to (NASC) for an assessment.

Or
You are prepared to pay for a Bupa Short Stay.

Great - now just give us a call to book your Bupa Short Stay.

We will give you some forms that will need to be filled out. Please bring this paperwork with the person in your care on the day of arrival.

- Admission agreement.
- Enduring Power of Attorney details for your loved one.
- A list of your medications from their doctor.
- Doctor's contact details.
- Map of life - to help us understand how your loved one likes to spend their day.
- Property/belongings list.

The person in your care is welcome to bring the following items with them to make their stay more comfortable.

- Day clothes, footwear, slippers and 2-3 sets of night wear.
 - Toiletries.
 - Socks, stockings and underwear.
 - Medication for the length of your stay in sealed packaging.
 - Any specialised equipment e.g. walker or wheelchair.
 - Coat or jacket.
 - Personal items such as photos, books or radio.
- We recommend that personal items are well named. The person in your care may wish to bring a small amount of cash. A locked drawer is provided in each room.
- *Please don't bring valuables.**

At the end of a Bupa Short Stay - We will give the person in your care a copy of the notes summarising their stay.

About Bupa



Our focus is on our customers. Globally the Bupa Group invests back into improving the quality of our health and care services.

Bupa New Zealand is one of the leading residential aged care providers

Our high satisfaction scores and customer recommendations continue to endorse why people choose our Bupa care homes.

Bupa New Zealand are part of the global Bupa Group of companies, a leading international health and care organisation. Bupa New Zealand draws on the Bupa Group's wide international expertise and experience to help provide people with better health and care choices, support and advice. We do this through our care homes, retirement villages, rehabilitation centres, medical alarms and dental clinics. Our purpose is to help people live longer, healthier, happier lives.

Over 60 years' experience

The Bupa Group began operations in 1947 in the UK. Globally, the Bupa Group of companies has around 32 million customers in over 190 countries.

Specialists in dementia care

As New Zealand's largest provider of dementia care, we play a leading role in shaping dementia care; a person-centred approach.



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