



# Time to Think

**Do you or your loved one need some extra support or time to think about your next steps after hospital?**

After a hospital stay, many older people, their families and carers would like some extra time to plan or time to think before returning home or moving to an aged care home.

Through a temporary stay in Time to Think, older people can leave hospital sooner, receive the care and support they need, while also having some extra time and dedicated support to identify options and make decisions about aged care.

## **What services are included?**

Time to Think is delivered by an aged care provider in an aged care home. During your stay in Time to Think you will receive 24/7 care in a comfortable, home-like environment, including support with:

- daily tasks (such as cleaning, cooking)
- personal care (such as bathing, dressing, going to the toilet)
- clinical care (such as wound management and medication administration)
- allied health care (such as physiotherapy, occupational therapy).

In addition, you and your family will be able to access the support you need to understand your aged care options, and/or make decisions about longer-term care. This can include, identifying available aged care homes in your area, help organising tours of aged care homes, contacting Centrelink or assistance with State Administrative Tribunal applications.

## **How long do I stay in Time to Think?**

Most older people spend 2 to 4 weeks in Time to Think before moving to longer-term care, usually in an aged care home. However, you can leave Time to Think earlier if you are ready.

## **Who pays for the services?**

The Federal and State Governments cover most of the cost of your Time to Think stay. As with all residential aged care services, you will be required to pay the standard resident contribution or basic daily fee. This is equal to 85% of the single basic age pension, roughly \$900 per fortnight.

Additional fees may apply, dependent on the aged care home. All fees should be discussed with your hospital social worker and your support network. Fees must be agreed to before your stay.

# Steps from hospital to Time to Think, to long term care:



## 1. In hospital

You are in hospital considering aged care options. Your hospital social worker will help you identify available and appropriate options.



## 2. Bedside assessment

You can be assessed for aged care at your hospital bedside. A hospital assessor will ask you and your family some questions and confirm your eligibility.



## 3. Time to Think referral

Need more Time to Think? Your hospital will support you to move to Time to Think in a participating aged care home once you are well enough to leave.



## 4. Care and support

During your stay in Time to Think, you receive all the care and support you need including understanding your options for moving to permanent aged care or returning home.



## 5. Your choice

The choice is yours to decide if you:

- move to a permanent bed in an aged care home, or
- return home with appropriate supports.

### Where can I receive care under Time to Think?

Speak to your hospital social worker about available services.

### What other options are available?

Similar services may be available at other aged care homes through the Residential Respite Pilot. If Time to Think is full, or you already have a preferred aged care provider, speak to your hospital social worker about other options.

### Have questions or need further information?

Speak with your hospital social worker.

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