

Choosing the best option for you

We understand that transitioning out of hospital can be a big change. Hospital teams will help guide you through your options and ensure you have the ongoing support you need. While the aim is always to keep you close to home, placement depends on availability.

Next steps: what you need to do



Talk to your care team early – discuss your preferences as soon as possible. This will start immediately from your admission and will involve your family/carer.



Meet with the social workers and discharge planners – we'll work with you, and your family/carer to find the best option for you.



Prepare for the transition – if you're going home, make sure support services are in place.

For detailed information about each discharge option, including eligibility, locations and available support services, visit our dedicated discharge planning page



Department of
Health

Your Journey Home

Understanding your discharge options



Why discharge planning matters

Planning for your discharge starts as soon as you're admitted ensuring you receive the right care in the right place at the right time. Hospitals provide acute medical care, but once you no longer need this level of support, transitioning to an appropriate care setting is essential. This statewide approach reduces hospital associated risks to you and helps ensure hospital beds remain available for patients with urgent medical and surgical needs.

What happens when you are ready for discharge?

Once your doctor clears you, the hospital team will work with you and your family to determine the best next step for your care.



Home with support

Returning home with community services, rehabilitation or in-home care.



Virtual support

Community care with virtual support (telehealth).



Medi-hotel

A supported stay with medical oversight for those who need care but not hospital-level treatment.



Time to think

Temporary stay in a dedicated respite bed, with support for you and your family to make longer term decisions about care.



Respite pilot

Temporary stay in a respite bed while you and your family make longer term decisions about care.



Transition care program

Short-term restorative care, in either a residential care setting or your own home, depending on your needs.



Permanent aged care

Moving to a residential aged care facility if home is no longer suitable.