

# COMMUNITY REHABILITATION ENABLEMENT & SUPPORT TEAM (CREST)

**1,815** clients supported in the first 18 months.

## WHAT IS IT?

CREST launched in April 2011 to ease pressure on capacity-stretched hospitals after the quake. It was up and running in just three weeks.

CREST began as a community-based supported discharge team facilitating earlier discharge from hospital to appropriate home-based rehabilitation services. It has since been extended to accept referrals directly from general practice, providing older people referred this way with care and support to be rehabilitated in their own homes so as to avoid hospital admission altogether.

CREST provides interdisciplinary support for up to 6 weeks which may involve: nursing services; occupational therapy and physiotherapy; daily support until the patient can manage on their own or with assistance from their usual service provider; home-based rehabilitation; continuing clinical assessment to recognise any deterioration; development of agreed individualised care plans for long-term use in the patient's home; improved education and information for patients, their carers, and families; and liaison with general practice.

## WHO'S INVOLVED?

CREST is managed under the Canterbury Clinical Network's Health of Older People Workstream. It includes:

- Community Service Providers
- General practice
- Hospital specialists
- ED
- Physiotherapy
- Occupational Therapy
- Medication Management
- Acute Demand
- Falls Prevention
- Community Stroke Team
- Community Geriatricians

Clients per month

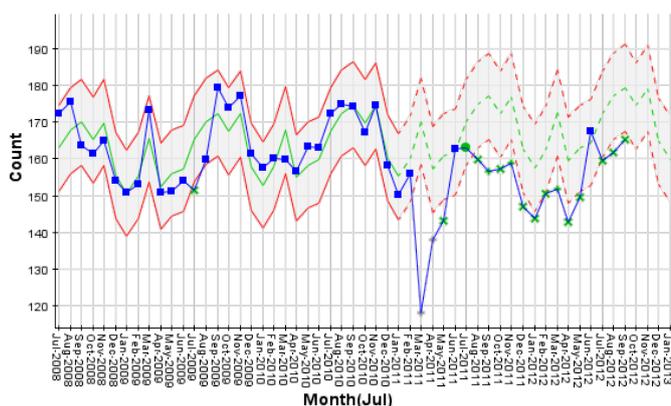


## SO WHAT?

Older people are supported to regain their independence **at home**.

Remaining in their own homes provides a higher quality of life as a result of staying active and positively connected to their communities.

Acute occupied bed days - ChCh Hospital - ages 60-80



CREST is also keeping down the load on our hospitals, as it enables older people to be discharged earlier and supports them to avoid readmission.