

## ***Mission Statement***

St Vincent's Hospital is committed to excellence in rehabilitation. We provide a program of care to meet your total needs. Our multidisciplinary team is committed to restoring your quality of life to its optimum potential.

## ***Key people available in the Rehabilitation Unit and their roles:***

### Rehabilitation Specialist and Ward Doctor

Specialist rehabilitation doctors are readily available and supervise your medical care. They liaise with your own general practitioner and/or specialist. Specialist medical care is available.

### Rehabilitation Nurses

Rehabilitation nurses provide a caring environment and assist you to apply and practice the techniques you are learning in therapy. They will coordinate your care and ensure that all services necessary for you to remain at home are organised in consultation with you before discharge.

### Physiotherapists

Physiotherapists help with practical ways of increasing independence and maximising potential for mobility. Exercise programs are individually designed to help you to achieve your treatment goals. Programs cater for a range of conditions from joint and muscle problems through to neurological deficits such as balance and coordination issues.

### Occupational Therapists

Occupational therapists help to improve your daily living skills such as showering, dressing, eating and cooking. They will consider all of the issues about going home including: modifications, special equipment, domestic duties, shopping and driving. Where necessary home visits will be undertaken to ensure your capacity to manage safely at home. Occupational therapists also run group sessions to encourage mental stimulation and socialisation. There are also educational programs offered to optimise your rehabilitation goals.

### Social Worker

Social workers provide direct services to patients and their families/carers aiming to minimise the negative impacts of illness and hospitalisation. A hospital social worker's role is to enhance social and emotional functioning through targeted interventions and the mobilisation of services and supports. Interventions may include counselling services, welfare support, advocacy and referral to ongoing supports post discharge.

## ***Weekly Case Conference***

Each week there is a multi-disciplinary meeting where each patient and their progress is discussed. There is also a one on one review with the patient and the rehabilitation specialist, ward doctor and nurse unit manager, or rehabilitation nurses. Family members are encouraged to attend the one on one review so that they are involved in the program planning and have the opportunity to ask any questions they may have.

## ***When you are not in therapy***

Just as life at home is a 24 hour a day business, your rehabilitation carries on even when you are not in formal therapy. The nursing staff will assist you to continue the exercises taught to you whilst in therapy. Of course, there is time to relax on your own or with visitors.

## ***Visiting Hours***

Friends and family are encouraged to visit in the afternoon after 3:00pm allowing you to concentrate on your therapy sessions each throughout the day. Visitors are requested to finish their visit by 8:00pm. On weekends and public holidays visitors are welcome and encouraged after 10:00am.

## ***Weekends***

Weekend leave may be offered when the doctors, multidisciplinary team and you feel that you are able to manage at home.

### ***What to bring?***

*Clothing*

You will be required to wear comfortable day clothes. Suitable clothing includes: trousers, track pants, shorts, t-shirts, and swimmers for hydrotherapy (if appropriate).

*Footwear*

Flat, comfortable, well-fitting shoes.

*Medications and X-rays*

Please bring any medication and x-rays from home with you.

*Toiletries*

You will be expected to provide your own toiletries including soap, shampoo, deodorant and shaving gear.

*Mobility Aids and Equipment*

You are encouraged to bring your own mobility aids, e.g. 4WW, walking stick and any equipment you may already use at home.

### ***Activities***

You are encouraged to bring any craft activities that you enjoy.

### ***Meals***

Patients are given a choice of meals with all dietary needs considered. Breakfast is served in patient rooms. All patients are encouraged to eat lunch and dinner in the central dining room.

### ***The Rooms***

The rehabilitation rooms are twin shared with an ensuite. Free TV and WiFi is available to each patient.

### ***When you're ready to go home***

Throughout your stay in the unit, you will constantly be discussing your progress and discharge planning with your doctors, the multidisciplinary team and the nurse unit manager or rehabilitation nurses.

We offer to arrange a meeting with your family, where we can discuss your progress, needs and future plans.

Equipment can also be loaned for short-term use and if permanently required, we can assist and advise in purchasing. There is a refundable deposit required on loan items.

If required, outpatient physiotherapy is also arranged thereby ensuring continuum of care.

### ***What about after discharge?***

Appropriate services will be arranged in consultation with you according to your needs prior to your discharge.

A summary of your admissions to the Rehabilitation Unit and a letter from the Rehabilitation Doctor will be sent to your doctor immediately following your discharge. This same information will be passed on to the relevant service providers as necessary for the facilitation of a smooth transition from rehabilitation to home.

### ***Remember: Goals and Purpose***

Our unit offers orthopaedic (upper/lower), and reconditioning programs. You will be required to take part in a rehabilitation plan and a multidisciplinary time table.

This is your program - you have to make it work for you. You and your family are an integral part of the rehabilitation program and you are encouraged to ask questions, raise issues and discuss your own personal needs with staff. The rehabilitation team is committed to making your time in rehabilitation a positive experience for you and your family.