



Your important health information

Inpatient sub-acute services

Subacute services help people who:

- have an injury, illness, medical condition or disability
- have activities in their everyday life that they cannot do
- would benefit from therapy to try and improve their function.

Our inpatient subacute services include:

- Geriatric Evaluation Management (GEM)
- Rehabilitation
- Transition Care Program (TCP).

We will assist you, so that you can make the most of the therapy and achieve your goals.

The aim is to:

- increase your independence
- increase your ability to do the things you want to be able to do
- reduce your long term health care needs
- reduce your need for community care
- work together to set goals with you and your family or carers to improve your quality of life.

The team involved in your care may include:

- Doctors
- Nurses
- Occupational Therapist
- Physiotherapist
- Social Worker
- Speech Therapist
- Dietitian
- Allied Health Assistant
- Pharmacist
- Podiatrist
- Diabetes Educator
- Pastoral Care
- Ward Clerk
- Interpreters
- Volunteers

What will happen once you are on the ward?

- you will be assessed by our team
- together we will work with you and your family/carers to set goals for your stay and ongoing wellbeing
- we will put together a plan to help you work towards you goals
- we will give you care and assistance in your activities, to help prevent any falls or pressure injuries.

During your stay:

- we will encourage you to get dressed, sit out of bed and, if able, do things for yourself
- we will assist you to complete therapy and daily activities to work towards your goal
- we will regularly discuss your progress towards your goals with you and your family/carers
- together we will discuss when you are likely to leave hospital. This may change throughout your stay
- discuss with you and your family/carers the supports that you may need when you leave hospital and help arrange this.

What do I need to bring?

- 3-4 sets of comfortable day clothes e.g. t-shirts, blouses, track pants, nightwear, underwear, socks
- suitable footwear – flat lace-up shoes e.g. runners
- toiletries: toothbrush, toothpaste, comb/brush, shampoo, soap, shaving equipment, continence aids
- glasses, hearing aids, dentures
- Medicare and pension card/DVA card (if applicable)
- medications (used before hospital)
- important documents such as powers of attorney, advance care plans
- activities you enjoy e.g. books, crosswords, music, knitting
- photos or personal touches from home if you wish.

To stay well in hospital we encourage you to:

- ask questions about your treatment
- ask for help if you need it
- continue your daily routine as much as possible
- stay active; if you are able sit out of bed, walk, wash and get dressed
- eat and drink well
- maintain your usual toilet habits
- look after your skin, by changing your position every few hours and tell staff if you notice any redness or tenderness.

Visiting

We encourage family and friends to visit you during your stay.

Where possible it is better that visitors come during visiting hours between 2:00-8:00pm to allow you to have your therapy and adequate rest.

Further Information

If you have any questions regarding this information, please contact:

GEM/Rehab/TCP Department

Phone 03 8754 3033

Acknowledgements

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