

Mercy Health Albury



Your stay with us

For your own copy of this guide,
please scan the code with your
smartphone camera and a digital
download will begin.



Scan me

Interpreter service



You have a right to a professional interpreter at our hospital.

Please ask one of our staff or phone:



1800 247 272

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Disclaimer: the advertising in this guide does not imply endorsement or recommendation by Mercy Health.

Mercy Health

Health Services

- **Mercy Health Albury**
- **Mercy Care Centre Young**
- **Mercy Hospital for Women**
(Heidelberg)
- **Werribee Mercy Hospital**
(Werribee)
- **Mercy Mental Health**
(Werribee, Footscray and Deer Park)
- **Mercy Health O'Connell Family Centre**
(Canterbury)
- **Mercy Palliative Care and Mercy Grief Services**
(Sunshine and Werribee)

Residential Aged Care

Home Care Services



Did you know? The Mercy Health cross, created by Melbourne designer Michael Lindell, is on display at all Mercy Health hospitals and facilities. It represents the circle of life and Jesus Christ, who embodies God's love and mercy for all.

Welcome to Mercy Health

This guide is designed to help make your stay with us as safe and comfortable as possible. At Mercy Health, our motto is 'care first', meaning your wellbeing is our top priority. We want to empower you to make informed decisions about your care and to speak up if something is not right. If you have any questions during your time with us, please do not hesitate to ask.

At Mercy Health, we care for people at every age and stage of life. We provide health services across Victoria and New South Wales, dating back a century to the establishment of our first Victorian hospital in 1920. We also provide residential aged care and home care services across Australia.

Mercy Health is a Catholic organisation founded by the Sisters of Mercy and grounded in a 2,000-year tradition of caring for others. More than 10,000 people choose to work for us. We employ people from many cultures and backgrounds who, irrespective of their beliefs, share a common bond to care for those in need.

We are committed to providing care that meets your physical, spiritual and emotional needs and will do all that we can to make your stay comfortable. We hope you will remember your stay for the compassion shown to you and your family.

Yours sincerely,
Adjunct Professor Stephen Cornelissen
Group Chief Executive Officer, Mercy Health



Mercy Health acknowledges Aboriginal and Torres Strait Islander Peoples as the first Australians. We acknowledge the diversity of indigenous Australia. We respectfully recognise Elders past, present and emerging.





Mercy Health

Care first

REACH out to us

If you are worried, so are we.

We understand you know yourself, your family member or friend better than we do.

If you **Recognise** a worrying change or feel that something is 'not quite right' – let us know.

What to do if you feel worried:

1



Engage and speak with your nurse, midwife or doctor about your concerns.

2



Act: Talk to the person in charge of the ward about your concerns.

3



Call 1800 904 355 if the nurses, midwives or doctors could not help.

Help is on its way.

Recognise **E**ngage **A**ct **C**all **H**elp is on its way



We are partners in your care

Respect

Mercy Health respects and values all people. Our goal is to deliver care that meets your needs.

We want you to feel comfortable during your stay. We will listen to, encourage and support you. We respect differences and treat everyone with understanding.

Partnership

We encourage you to be a partner in your care. We will involve you in decisions about your care, including when, where and how you receive care, and in planning your recovery.

To achieve the best health outcome, please:

- ask questions
- follow our advice
- commit to a healthy diet
- avoid smoking
- exercise for physical and emotional wellbeing.

Understanding your care

It is important that you understand your treatment options, so we will discuss your care in a way that makes sense to you.

Let us know if there is something you do not understand. We can also arrange for an interpreter who speaks your language to assist you.

We will ask you to agree to and sign your name on a form if you have a procedure (this is known as 'giving consent'). We will explain and write down any risks associated with the procedure and tell you if any part of your care does not go as planned.

Privacy

We respect your privacy. Only general information (not personal or health details) is given to your family or friends. We will discuss your care with a family member or carer only if you tell us to do so. In an emergency, we will contact your closest relative (next of kin) or nominated person. You can read more in the *Privacy at Mercy Health* brochure.

Your medical record contains health information collected during your visits. You can access this health information under the *Freedom of Information Act 1982* by filling out a request in writing to Mercy Health. There is a small fee to cover the costs of this service. You can access the *Freedom of Information Access Request* form on the Mercy Health website under 'Additional resources — Access to information' or by Googling 'Mercy Health FOI'.

Choice

Patients have the right to make choices about their care. We encourage you to be involved in making choices about your care. This is known as shared decision making. You can seek a second opinion and give or withhold your permission for treatment. You also have the right to change your mind and make a different choice. We are here to provide support and information so you can make the best decision for you.

Some questions you can ask are:

- What other treatment options are there?
- What will happen if I do not go ahead with the recommended treatment?
- How successful is this treatment?
- What will happen if we do nothing or take no action?

- Where can I find more information about the procedure?
- Are there information resources you would recommend so I can learn more?

We respect your decision at all times and make sure it is written in your medical history.

If you leave the hospital against the advice of our clinical staff, we will explain the possible outcomes.

We will ask you to sign a form to show you understand. We urge you to see a doctor if your condition does not improve or worsens. We may have to contact the New South Wales Ministry of Health if you have an infectious disease and leave hospital against medical advice.

Advance care planning

Advance care planning is a process of planning for your future healthcare and treatment.

Some patients know their health will get worse with time (deteriorate). While you are reasonably well, you can think ahead.

Thinking ahead lets you plan and talk about what you want to happen if your health worsens.

Advance care planning describes your wishes such as:

- the treatment you would want or not want if your health deteriorates
- the values and beliefs that are important to you
- who will act for you if you can no longer talk.

You can write your wishes in an advance care directive and decide who you trust to make decisions for you by appointing a medical treatment decision maker.

For more information, ask for an *Advance Care Planning* brochure or speak to the staff member caring for you.



Your care is coordinated

The right people

At Mercy Health there are many people who care for you during your hospital stay. They may include:

- doctors
- nurses
- physiotherapists
- dietitians
- pharmacists
- social workers
- pastoral carers
- staff with specific cultural knowledge
- patient assistants
- coordinators
- service staff.

We will assess your needs and involve the right people in your care. A record of your health and treatment is kept at the hospital.

Your healthcare team has access to your records and we will make sure the information is correct. If your circumstances change, we ask that you let us know so we can update your health record.



Communication

We will let you know:

- who will be looking after you
- other services you may need
- what to do when you leave.

You should tell us:

- if you are allergic to any medicine or food
- your name, address and date of birth before receiving any treatment
- if your information is incorrect
- who to call in an emergency and their phone number
- your general practitioner (GP) contact details and other healthcare providers
- if you have an advance care directive
- if you need a medical certificate.

Right place, right information

You will receive care in the best location. This may mean moving to a different ward or hospital or continuing your recovery at home.

We will hand over information about you to your new care team or your local doctor.

We will involve you in your care planning so you know what to expect.

We will make plans with you and your family about going home or moving to another care facility.



You are safe

Preventing infections

When people are unwell, they are at a higher risk of developing an infection. In hospital, it is important that we all do our best to stop the spread of germs.

To help stop the spread of germs:

- wash your hands with soap and water after going to the toilet
- wash your hands with soap and water before eating food
- use the alcohol-based hand rub as much as you like. (You can find this at the end of your bed)
- ask those treating you to wash and use hand rub before coming into contact with you
- ask visitors to use the alcohol-based hand rub when they first come in and when they leave
- tell your visitors about any special safety actions or precautions that are in place in your room. If you are unsure, please ask your nurse.

Sometimes visitors are asked to wear a mask, gown and gloves. This is a precaution for them as much as for you.

If you are a patient and have a cold or flu, it is important that you protect yourself and others.

You can do this by:

- covering your nose and mouth with a tissue when you cough or sneeze
- washing your hands after coughing or sneezing
- wearing a mask if you wish to leave your room.

If visitors are unwell with a cold, flu or upset stomach, it is best that you kindly ask them to wait before they visit you. Unwell visitors should wait for at least two days after they feel better and are free of any symptoms before they visit.

Your IV cannula

As a patient, there may be a time when you need an intravenous cannula, also called an IV cannula. A cannula is a thin plastic tube inserted under your skin and into a vein by a needle. It is called 'intravenous' because it is placed into a vein.

The IV cannula can be used to:

- give you medicines
- give you fluids
- give you treatments
- take blood samples.

At Mercy Health we have strict rules in place to protect our patients from possible IV cannula infection. To protect you, we are required to review your IV cannula every day for signs of infection.

Some infection warning signs to watch for around the cannula site are:

- redness
- heat or warmth
- pain
- tracking (small lines appearing around the vein).

Remember to let us know if you think you are experiencing any signs of infection.

Immunisations

For your health, and the health of others, we recommend that you and your visitors keep up to date with your immunisations.

Medications

Sometimes medication mistakes happen at home or in hospital. Mistakes can happen when medicines are prescribed, given or taken incorrectly.

Managing medications safely

- Tell your healthcare team about all your health problems and what medicines you are taking.
- Tell us about any allergies, or serious side effects you have with any medicines.
- Keep a list of all the medicines you are taking.
- Know that not all medicines come from a doctor. Some medicines are bought over the counter without a script. They can include vitamins, herbal teas and alternative medicines.

Bring your medicines list to all your appointments at the hospital. A doctor or pharmacist will want to see your list. They will talk to you about your list and let you know if there are any problems.

If you are booked to come into hospital, bring all of your medicines with you. This will help to make sure your doctor gives you the right medicines while you are at Mercy Health.

If you are staying overnight, we will ask to use your medicines that you have brought from home. This means your medicines will continue to look the same while you are in hospital.

If you or your carer feels unsure about the medicines given to you, then please let us know. Do not be afraid to ask questions — we prefer that you do.

Before you leave Mercy Health, we may give you a new list of medicines.

You will need to let your family doctor, pharmacist at home and practice nurse know you have been in hospital. Please make sure you show them your new list of medicines.

Patient identification

To make sure you are safe, we will ask you to identify yourself several times. We have not forgotten who you are but we need to check and double-check your identity to ensure you are getting the right treatment, procedure and/or medicine.

We will ask you for:

- your full name
- your address
- your date of birth.

We will then double-check this information against your:

- medical record
- consent form (if this applies)
- wrist band (if you are wearing one)
- prescription or medication chart.

If you are having a procedure, please ask to see your consent form and take the following actions:

- Carefully read the form and make sure you understand it.
- Ask any questions you have about your treatment or procedure.
- Make sure the procedure listed on the form is what you consented to when you signed the form.
- Check that all the information on the form is correct. It is very important to do this before you have your procedure or take any medicine.
- Tell us if any of your personal details are wrong or have changed.

- If something does not look right, let a staff member know straight away.

Make sure the surgery or procedure you are having is what you consented to when you signed the form. If there is a mistake, ask a member of staff for a new consent form.



Understanding and sharing your information

You understanding your health is very important to us. We know that sometimes asking questions can make you feel uncomfortable but you have the right to know everything about your health.

Sometimes, when discussing your care with your treatment team, you may hear something that is wrong. If this happens, we would like you to tell us so we can fix it. At times, instructions may be unclear or confusing. If you are not sure, please ask:

- to have the information written down for you
- to have the information repeated when a family member or carer is present
- your family members or carer to ask questions for you
- to have an interpreter present if English is your second language.

Mercy Health staff will provide information about your care plan to the incoming shift.

We encourage you to participate in this and speak up if you are unsure of what is being said or hear something that is incorrect. If you do not wish to participate in this process, please inform your nurse. A family member is welcome to be part of this discussion. Please check with staff as to when this discussion is likely to occur.

Your care plan is designed to meet your needs for when you are in and out of hospital.

To continue your care after you leave us, we need to work closely with your general practitioner (GP) and other healthcare providers. For this reason, it is important that you give us the correct contact details of your GP and any other healthcare providers you use.

Pressure injuries

A bed sore or skin blister is also known as a pressure injury. It is a break, sore or blister caused by constant pressure on an area of the body over a long period of time. You can develop a pressure injury if you are sitting or lying in the same position for a long time.

Pressure injuries can be very painful and may take a long time to heal. They can affect the way you move but the following actions can help to relieve your pain:

- Try to keep good posture by sitting up straight with your back against the chair and your bottom at the back of the chair.
- If you are sitting for a long time, change your position every 15 minutes to one hour.
- If you are lying down for a long time, change your position at least every one to two hours. If you need help turning, please call your nurse for assistance by pressing the nurse call bell.

Pressure injuries can happen anywhere on the body but are more likely to show on bony areas where there is little padding. The most common areas are your lower back and heels.

Early signs of pressure injury signs are:

- constant redness
- broken or blistered skin
- tingling and/or numbness
- pain.

If you notice any signs of a pressure injury, please tell your doctor or nurse immediately.

Blood transfusions

You may need a blood transfusion as part of your treatment. It is important to understand the risks and benefits of a blood transfusion before you give your consent. Always ask questions if you are unsure or unclear about the information given to you.

Like all medical procedures, there are risks associated with a blood transfusion. Most people do not experience any side effects at all and, if they do, they are usually minor. Only in rare cases does a transfusion cause harm or death.

Some common side effects include:

- high temperature
- rash
- itching.

If you are having blood taken, it is important to make sure all your details are correct. To keep you healthy and safe, we will ask you to state:

- your first name and family name
- your date of birth.

If you are an inpatient, we will also:

- check your hospital wristband details
- double-check your identity and, at the bedside, check that your unit of blood is correct.

If you are a blood transfusion outpatient, we will also ask you to state your address.

For your safety, staff must follow strict checking procedures before every transfusion.

Preventing falls

Falls happen more easily when you:

- are sick
- have low blood pressure
- take medications
- are in an unfamiliar place, such as a hospital
- have poor eyesight.

You can lower your risk of falling by:

- wearing comfortable clothes and shoes
- not walking in socks or stockings
- wearing low-heeled, non-slip shoes
- taking your time to get up from a chair or bed
- telling us if you are feeling unsteady on your feet
- making sure you can always reach your call buzzer
- walking with a provided mobility aid, such as a four-wheel walker, walking frame or walking stick.

If you think you are at risk of falling or are unsteady on your feet, please let staff know. They will talk to you further about how to prevent having a fall.

Things you can do to help:

- Wear your eyeglasses when walking.
- Bring and use your walking aid, such as a walking stick or frame. If you need help, please tell us and we will be happy to help you.
- Get to know the room and area you are in.
- If you think there is clutter or things that might cause a trip or fall, ask staff to move them.
- Let staff know straight away if there is a spill on the floor.
- Stay hydrated by drinking plenty of fluids, unless you have been told not to by your doctor.
- Tell your nurse if you have had a fall in the past year.

Nutrition

Eating nutritious foods and drinking lots of water is essential to your recovery and health.

Mercy Health has a menu system. To choose your daily meals, fill out your menu on time and ask staff if you need help.

Tell staff if you have any eating problems, such as swallowing difficulties.

Please let staff know if you have any allergies, intolerances or special dietary requirements so that the food we provide is suitable for you. Staff will then provide you with a menu suited to your needs and visit you each morning and afternoon to pick up your completed meal requests.

Meals are delivered between the following times:

Breakfast	8.30–8.45am
Lunch	Noon–12.15pm
Dinner	5.15–5.30pm

We also provide morning and afternoon tea.

If you are bringing food with you to the hospital, please check with your nurse first as hospitals have food safety rules. Ask your nurse for a brochure on safe food handling if your family plans to bring in food from home. Mercy Health does not accept responsibility for food prepared outside the hospital. Food stored in refrigerators should be labelled with your name, the date and time it was brought in. Uneaten food will be thrown away after 24 hours.

If you are worried about your diet, ask to speak to a dietitian. Dietitians provide specialist dietary advice for a wide range of clinical areas such as pregnancy, diabetes, cancer and gut disorders.

Dietitians provide nutrition support and education based on current evidence-based practice. Our dietitians work closely with Food Services to ensure the meals provided are nutritious and meet patient needs.

Information sourced from:
www.betterhealth.vic.gov.au



Respect others

All patients, visitors and staff have the right to feel safe. Aggressive and violent behaviour is not accepted at Mercy Health.

Please inform a staff member if you feel uncomfortable or threatened by anyone's behaviour.

Smoke-free zone

All NSW public hospitals are smoke-free. Patients, visitors and staff are not permitted to smoke in hospitals or on hospital grounds. Speak to your doctor or nurse if you need help to quit smoking. Mercy Health partners with universities to train health workers.

Research

During your stay you may be cared for by a student. However you can choose not to take part in teaching or having a student care for you. Please tell our staff and your wishes will be respected.

Family violence

Family violence is a health issue. It can take many forms, including physical, emotional, sexual, financial and controlling behaviours. If you are experiencing any form of family violence, our staff can help. You can also call 1800 RESPECT.

Child safety standards

Mercy Health is committed to the safety of all children across our services. We recognise the importance of listening to the voice of children and have a zero tolerance of any form of child abuse. To ensure the safety of your child, we ask that you provide supervision to them at all times while within this facility.

Your rights and responsibilities

To help us care for you in a compassionate and respectful way, Mercy Health uses the Australian Charter of Healthcare Rights. These rights outline what you can expect of us and what we expect of you.

The following brochures are also available at the hospital and on the Mercy Health website:

Privacy at Mercy Health

We value your feedback

Right care, right time, right outcome

Complaints, concerns, compliments and suggestions

We value your feedback because it helps us understand what we are doing well and how we can improve. If you have feedback you can:

- speak to the staff caring for you
- ask to speak to the person in charge
- submit an online feedback form at: health-services.mercyhealth.com.au/patients-and-visitors/providing-feedback/online-feedback/
- ask staff for a *We value your feedback* form. These are available in languages other than English.

If you are not satisfied with the way your complaint is resolved, you can contact:

- the Health Care Complaints Commission (for New South Wales health services) on: 1800 043 159.

These services are available to anyone who wishes to complain about a health service in New South Wales.

My healthcare rights

This is the second edition of the **Australian Charter of Healthcare Rights**.

These rights apply to all people in all places where health care is provided in Australia.

The Charter describes what you, or someone you care for, can expect when receiving health care.

I have a right to:

Access

- Healthcare services and treatment that meets my needs

Safety

- Receive safe and high quality health care that meets national standards
- Be cared for in an environment that is safe and makes me feel safe

Respect

- Be treated as an individual, and with dignity and respect
- Have my culture, identity, beliefs and choices recognised and respected

Partnership

- Ask questions and be involved in open and honest communication
- Make decisions with my healthcare provider, to the extent that I choose and am able to
- Include the people that I want in planning and decision-making

Information

- Clear information about my condition, the possible benefits and risks of different tests and treatments, so I can give my informed consent
- Receive information about services, waiting times and costs
- Be given assistance, when I need it, to help me to understand and use health information
- Access my health information
- Be told if something has gone wrong during my health care, how it happened, how it may affect me and what is being done to make care safe

Privacy

- Have my personal privacy respected
- Have information about me and my health kept secure and confidential

Give feedback

- Provide feedback or make a complaint without it affecting the way that I am treated
- Have my concerns addressed in a transparent and timely way
- Share my experience and participate to improve the quality of care and health services



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AUSTRALIAN COMMISSION
ON **SAFETY AND QUALITY** IN HEALTH CARE

For more information
ask a member of staff or visit
safetyandquality.gov.au/your-rights



General information

Public transport, taxis and public telephones

A local bus service stops in Poole Street regularly from Monday to Friday during business hours and Saturday mornings. You can source timetables from Martins Albury at martinsalbury.com.au or by calling 02 6040 4400 during office hours.

Please speak with Mercy Health staff if you need a taxi to collect you from the facility.

If you require access to a public telephone, please speak to staff at the main reception area on the ground floor.

Equipment from home

All electrical appliances brought to the hospital must be checked to make sure they can be used safely. This includes hairdryers and mobile phone chargers. Ask staff about having electrical equipment checked. Please check with staff if you wish to use a laptop in your room. Please keep your property secure. We cannot accept responsibility for any losses or damages.

Lost property

A member of staff will attempt to contact you if you leave any of your belongings behind. Unfortunately, we cannot take responsibility for any items waiting to be collected.

Mail

Mail will be delivered to your room each day.

Radio, television and telephone

At Mercy Health Albury, televisions are available in some patient rooms. If you wish to bring in a personal television or radio, please discuss this with the nursing staff.

Out of respect for others, we ask that you keep the volume down when listening to the television or radio. Please turn your mobile phone to silent and do not take photos of staff or other patients without their permission.

Telephones are available for patient use in each bedroom. To make external calls dial '0' before the phone number. Please note the calls are charged according to use and you will need to pay the account when you are discharged.

Parking

Parking is available at the front entrance or in the car park located off Poole Street. The main entrance to the facility is via Kiewa Street, with entry to the lower carpark via Poole Street only. Parking at the front of the facility has some spaces designated for evening staff from 1pm daily. We ask that you vacate these spaces before that time. A designated disabled parking area is available at the front of the building.

Valuables

Please do not bring valuables into hospital. We advise you to send valuable items (such as jewellery, cameras, mobile phones, computers and cash) home with a family member or carer.

Visitors

Visitors are welcome and encouraged to support you during your stay. Please check your ward for rest periods. We ask that you and your visitors observe the ward visiting hours, talk quietly and turn mobile phones to silent. Your visitors should not come to visit you in hospital if they feel unwell. For the comfort of all patients, visitors will not be permitted to attend outside the allocated visiting hours.

Top Tips for Safe Health Care



What you need to know for yourself, your family or someone you care for.

1 Ask questions

You have the right to ask questions about your care.



2 Find good information

Not all information is reliable. Ask your doctor for guidance.

3 Understand the risks and benefits

Find out about your tests and treatments before they happen.

4 List all your medicines

Ask your doctor or pharmacist if you need more information about the medicines you are taking.



5 Confirm details of your operation beforehand

Ask to be told who will be doing your procedure and what will happen to you.

6 Ask about your care after leaving hospital

Ask for a written outline of your treatment and what should happen after you get home.

7 Know your rights

You have a number of rights as a patient. Read our guide to find out what they are.

8 Understand privacy

Your medical information is confidential. You can ask to see your medical record.

9 Give feedback

Feedback helps health professionals spot when improvements can be made.

Download our free booklet at:
www.safetyandquality.gov.au/toptips

Mercy Place Café

Mercy Place Café is available to all our visitors. The café's operating times may vary, so please check with nursing staff.

Alma's Garden

Alma's Garden can be accessed by patients, carers and families. You can enter the garden from the ground floor or from the path beside the entrance to Mercy Place. Please ask reception staff for directions.

During your stay

There are many people and services to support you during your stay. Information about some of the services is listed below. Speak to a staff member if you would like more information.

Aboriginal and Torres Strait Islander patients

Aboriginal Programs provide culturally sensitive support and advocacy to Aboriginal and Torres Strait Islander patients and their families.

You can access this service by:

- talking to the people providing your care at Mercy Health
- contacting us directly
- external referral.

For local support, please contact the Murrumbidgee Local Health District Aboriginal Health Services on 02 6938 6175 or 1800 249 645 (free call).

Diabetes nurse educators

Diabetes nurse educators help people with diabetes understand and manage their condition.

Interpreter service

Interpreters are available to patients and their families who speak a language other than English. Please tell our staff if you or your family member need an interpreter.

Medical emergencies

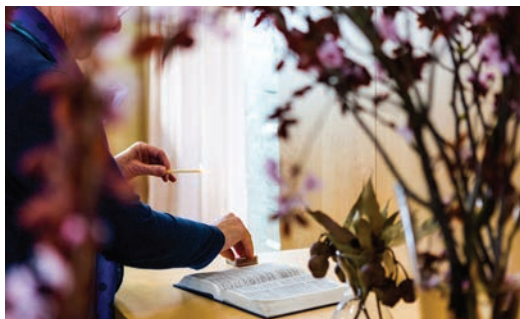
At any time, if you recognise a worrying change or feel that something is 'not quite right', let us know. See page six for more information on how to REACH out to us.

Multi-faith chapel — a quiet space

The Mercy Health Albury multi-faith chapel is available for patients, families, carers and staff. St Anne's Chapel on Level A is available during business hours and the Reflection Room on Level E is available at all times.

All patients, families, carers, friends and visitors are welcome to use these spaces for personal prayer and reflection or as a place of peace and rest.

Services can be held in this space in collaboration with the pastoral care team. As a Catholic hospital, the Blessed Sacrament is present in the chapel.



Occupational therapists

Occupational therapists work with patients who are having difficulty with daily tasks. Changes in our health can affect our ability to complete these tasks. Occupational therapists aim to prevent functional decline and maintain a patient's ability to complete tasks that are important to them.

Occupational therapists work to achieve patient goals by providing them with occupation-focused assessment and therapies. They teach patients other ways of doing things, arrange aids, equipment and modifications in the home and provide education and referrals to other services.

Pastoral care

Pastoral carers provide emotional and spiritual care to all patients and their families. This care respects your human dignity, spirituality and culture and is provided through compassionate and respectful conversations.

Pastoral carers can explore and enhance how you make meaning of your experiences and what gives you strength while being in hospital. Pastoral care can also provide rituals to mark significant life events, including loss and transitions.

Chaplains of all major Christian traditions and representatives of all major faiths can visit or provide specific religious rituals if requested.

Pharmacy

There is a pharmacist at Mercy Health Albury. The pharmacist checks your medicines and can tell you how and when to take them.

Physiotherapy

Physiotherapists specialise in the management of movement disorders and work in partnership with you to help improve, maintain and restore your physical strength and mobility.

Physiotherapists assess, diagnose, treat and prevent a wide range of movement and health conditions in children and adults of all ages with:

- joint and muscle problems
- pain conditions

- nerve and brain problems (such as strokes)
- breathing problems
- issues related to walking, falls and balance
- cancer care
- continence problems.

They may assess and treat you before and after surgery. They also help manage women's health conditions, including those related to pregnancy and childbirth.

Security

Access to Mercy Health Albury is through the automatic doors at the front entrance. The automatic doors are open from 8am–7pm, Monday to Friday and 9am–7pm on weekends.

To enter the building outside of these hours, please press the 'communication button' on the right hand side of the door. Nursing staff will speak with you via the speaker before they open the automatic doors.

To leave the facility outside of these hours, please press the green button on the left-hand side of the glass doors.

Social work

Social workers help with personal and family matters. They can provide information about:

- counselling and support
- advocacy
- community resources
- referrals to other services
- preparation for discharge from hospital.

Speech pathology

Speech pathologists provide assessment and treatment related to communication and swallowing problems, which may include difficulty with:

- speaking
- understanding others

- understanding language
- reading
- writing
- thinking
- swallowing food and fluids
- feeding.

Speech pathologists work with children, adults and their carers to help them achieve their goals to communicate successfully and swallow safely.



Care at home

Going home

Discharge time is usually before 10am on the day you leave hospital.

We can arrange for services you may need to help you at home. Make sure you ask if there is anything you do not understand or anything you need to help you after your stay in hospital.

Before leaving hospital, please check your drawers, wardrobe and bathroom to make sure you have all of your things before going home.

Make sure you have your medicines (including any new medicines) or a list of medicines to buy.

We will give you information to help you manage your health and care at home.

Make sure you have a letter for your general practitioner (GP) and you know when to see your doctor or other health professional.

Palliative care

We offer holistic care to patients who have a life-limiting illness and their families. Our community palliative care service provides support to you in hospital, your own home or at your residential aged care home. We help manage pain and symptoms, and provide practical and emotional support.

This service enables a seamless transition for you to receive care in the most appropriate environment to meet your individual needs.

Mercy Health Home Care Services

Mercy Health Home Care Services offers an integrated service that includes both home care and disability services and community nursing. We understand that many people prefer to stay at home for as long as possible, so we support you to achieve that goal. We are present in your local community, offering services to suit your individual needs and preferences, and we can support you as your needs change. You may choose to purchase services on a private, fee-paying basis or you may be eligible for government-subsidised aged or disability services.

For more information:

Call: 1300 478 776 or 02 6024 9508 for Albury office

Email: MHCS@mercy.com.au

Visit: home-care.mercyhealth.com.au





Our health services

Mercy Health Albury

Mercy Health Albury is a publicly funded provider of subacute health services in Albury Wodonga and surrounding areas, offering:

- palliative care
- geriatric evaluation and management
- transitional aged care
- aged care assessment
- community therapy and inpatient rehabilitation programs.

550 Poole Street

Albury NSW 2640

Phone: 02 6042 1400

Email: information@mercy.com.au



Mercy Care Centre Young

Mercy Care Centre Young is a 26-bed health service providing a range of outpatient, community health and aged care services for the people of Young and the surrounding regions.

Mercy Care Centre Young offers:

- rehabilitation
- adult speech pathology
- occupational therapy (including paediatric)

- physiotherapy (including paediatric)
- diversional therapy
- social work
- aged care assessments
- transitional aged care packages
- palliative care (community and inpatient)
- community nursing.

69 Demondrille Street

Young NSW 2594

Phone: 02 6382 8444

Email: information@mercy.com.au



Mercy Hospital for Women

Mercy Hospital for Women specialises in caring for women and newborn babies.

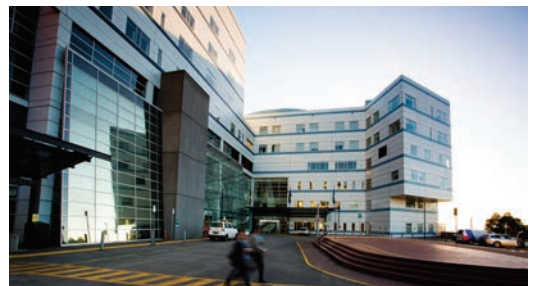
The hospital has one of only four Neonatal Intensive Care Units for newborn babies in Melbourne, and is one of Victoria's major teaching hospitals.

163 Studley Road

Heidelberg Vic 3084

Phone: 03 8458 4444

Email: mercyhw@mercy.com.au



Werribee Mercy Hospital

Werribee Mercy Hospital provides surgical, medical, emergency, intensive care, maternity, newborn, paediatric, mental health, renal dialysis, subacute and palliative care services. The hospital also provides a range of home-based care supports for the community of Wyndham and the surrounding regions.

300 Princes Highway
Werribee Vic 3030
Phone: 03 8754 3000
Email: werribee@mercy.com.au



Mercy Health O’Connell Family Centre

Mercy Health O’Connell Family Centre is an early parenting centre located in Canterbury, Victoria. It runs community, day and residential programs to assist families in managing complex parenting issues.

The centre cares for families with children aged four years and below.

6 Mont Albert Road
Canterbury Vic 3126
Phone: 03 8416 7600
Email: ofc_reception@mercy.com.au



Mercy Mental Health

Mercy Mental Health supports people in south-west metropolitan Melbourne with severe and complex mental illnesses by providing acute and community-based care. Services are available to adults through acute inpatient programs, residential rehabilitation programs, and crisis and community recovery-focused treatment programs. We also offer inpatient and community specialist perinatal mental health services to women and infants in western Victoria.

94 Nicholson Street Mall
Footscray Vic 3011
Phone: 03 9928 7444 or 1300 657 259
Email: information@mercy.com.au



Mercy Palliative Care

Mercy Palliative Care provides holistic care for you and your family in your own home or residential aged care home. Our service includes symptom management, psychological, social and spiritual care for people of all ages living with an advanced, incurable disease. Palliative care is offered within the municipalities of:

- Albury (NSW)
- Hilltops (Young, NSW)
- Brimbank (Vic)
- Hobson’s Bay (Vic)
- Maribyrnong (Vic)
- Melbourne (Vic)
- Melton (Vic)
- Moonee Valley (Vic)
- Wyndham (Vic)

Mercy Palliative Care works closely with the Gabrielle Jennings Centre for Palliative Care (a 12-bed inpatient unit based at Werribee Mercy Hospital) to support people through pain and symptom management or end-of-life care.



Mercy Grief Services

Mercy Grief Services is a specialist bereavement counselling service located in Sunshine. Limited appointments are also available at Werribee Mercy Hospital. Counselling is provided by appointment to bereaved individuals and families living in the western metropolitan region of Melbourne, who have complicated grief issues, such as those relating to trauma or sudden death.

3 Devonshire Road
Sunshine Vic 3020
Phone: 03 9313 5700
Email: information@mercy.com.au

How you can say thank you and help others

Donate to the Mercy Health Foundation

Mercy Health Foundation provides the funds that enable Mercy Health to support and develop projects, programs and research that make a real difference to the lives of so many who entrust themselves to us for their care.

The donations and philanthropic support we receive enables us to:

- deliver compassionate care in health, aged care and community services to people at all stages of life
- improve our life-saving treatments and care
- conduct hospital-based research leading to new treatments for people with chronic illnesses
- train our staff in the best and latest ways of providing care.

Your contribution or physical support enables Mercy Health Foundation to engage with you for the benefit of the many causes that we have that are not funded through government.

Give back by:

- donating to support our research programs and improve facilities in our hospitals and aged care homes
- donating as a 'thank you' for the special care you or your loved ones have received
- donating in memory or celebration of a loved one
- holding a fundraising event
- leaving a bequest — a positive and enduring gift that extends beyond your lifetime.

To make a tax-deductible donation, please contact Mercy Health Foundation by calling 03 8416 7766, or visit mercyhealthfoundation.org.au. You can also ask for a donation envelope at hospital reception.

Volunteer

We are very grateful for our wonderful volunteers who assist in many areas of our health services. Some volunteers welcome, support and direct patients and visitors. Others lend a hand providing support services for patients.

If you would like to become a volunteer, please call the hospital switchboard and ask to speak to a volunteer coordinator. Information about our volunteer program is also available on our website:
www.mercyhealth.com.au/our-organisation/volunteering/

Become a Consumer Advisor

Mercy Health has a Community Advisory Committee and local Community Advisory Groups. These groups act as voices for the community and speak for patients or clients and their families. Their role is to make sure Mercy Health is aware of the community's needs.

Advisors review patient or client information to make sure it is easy to read. This is a volunteer program and we welcome people from diverse backgrounds.

If you would like to be involved in a consumer group, please contact us on 03 8416 7872 or email getinvolved@mercy.com.au

The content of this document has been reviewed by consumers. Mercy Health is committed to producing consumer information that is easy to read and understand. Information that has been reviewed by our consumers will have the following logo on it.



Connected through Mercy

Our mission, to bring God’s mercy to those in need, is inspired by the Founder of the Sisters of Mercy, Catherine McAuley, who was born in Dublin, Ireland in 1778, and dedicated her life to caring for the poor. In 1831 Catherine created the Order of the Sisters of Mercy, who went on to found convents, schools and hospitals around the world. The Sisters of Mercy arrived in Australia in 1847, led by Mother Ursula Frayne. The Australian congregation established schools and convents around the country and opened their first hospitals in Brisbane and Sydney.

Following a devastating influenza pandemic, the Sisters of Mercy opened their first Victorian hospital — St Benedict’s in Malvern — in 1920. They established a reputation for excellence in care and hospitality that has grown in strength to this day. The success of St Benedict’s allowed the Sisters to open Mercy Private Hospital in East Melbourne in 1934, Mercy Maternity Hospital (later renamed Mercy Hospital for Women) in 1971, and Werribee Mercy Hospital in 1994.

To continue the Sisters of Mercy’s mission of care, Mercy Health and Aged Care was formed in 1996 to ensure existing services remained and that the organisation could continue to meet society’s changing needs. Caring for older people in residential aged care homes was added to our services in 1997, and home and community care in 2007. In 2008, our organisation became Mercy Health to reflect the full range of health services we offer.

The Mercy Health logo features the Institute of Sisters of Mercy of Australia and Papua New Guinea cross, surrounded by a blue and green ellipse. It means that central to our care is the charism of the Sisters of Mercy and the One who inspires them. The ellipse, an ethereal ring in the colours of land and sky, represents the connection between people, earth and spirit, and the continuum of care we provide to support people at every stage of life.

Celebrating 100 years of Mercy healthcare

In 2020 Mercy Health celebrates 100 years of healthcare. Share your Mercy memory and story on our centenary website: mercyhealth100years.com.au.





Albury Meals on Wheels delivers healthy meals to clients' homes, to not only ensure their nutritional requirements are being met but to provide social contact and a friendly check to see all is well.

Our friendly Volunteers deliver 365 days a year – rain, hail or shine.

Eligibility:
Ages 65 years young and above

* Special circumstances will be considered.



Australian Government
Department of Health and Ageing



For more information call
60412004



Do you have asthma?

Do you know how to manage it, so that you can lead a full and active life?

Do you want more information?

Call The Asthma Foundation. We provide asthma advice, education, training counselling and we are here to help you.

We have:

- a telephone HelpLine
- a wide range of brochures on different aspects of asthma management
- a website with up-to-date and useful information
- a program of community education and training sessions

CALL US SO WE CAN HELP YOU

1800 645 130

Six Ways to Beat Heart Attack

1. Check your Blood Pressure

High blood pressure often gives no warning signs and it is necessary to have it checked regularly by your doctor. High blood pressure sharply increases the risk of heart attack, stroke and other conditions if it goes undetected and untreated. With proper medical treatment this disease can be brought under control in most cases.

2. Don't Smoke

Smoking greatly increases your risk of heart attack. It is never too late to stop, as evidence shows that damage can be very quickly reversed. Do not smoke cigarettes and discourage your family and friends from smoking.

3. Reduce Blood Fats

A high level of blood fats (cholesterol and/or triglycerides) increases the risk of heart attack. With moderated changes in your diet, your blood fats can be reduced to a safer level. This means reducing total fat intake, particularly saturated fats, and cholesterol in rich foods. A balanced diet is necessary for good health. Ask your doctor for advice or contact the National Heart Foundation in your State for information on nutritional guidelines for you and your family.

4. Maintain Normal Weight

If you or your children are too fat the chances of developing health problems are increased. Ask your doctor for a sensible weight reducing diet or get the Heart Foundation's publication "Guide to Losing Weight." Bad food habits formed in childhood are hard to break in later life, so it is important your children follow a healthy eating pattern.

5. Improve Physical Activity

Exercise should be fun not a chore. Choose a physical activity you enjoy, make it a family affair, walk the dog, cycle around the park, swim, play tennis, take the family for a sail. Exercise regularly, your doctor can tell you what kind of activities will suit your age and physical condition.

6. Have Regular Check-ups

Regular check-ups enable your doctor to detect and treat conditions that can lead to heart attack and other forms of heart and circulatory disease.



Heart Foundation
National Heart Foundation of Australia



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Megan McGrath CFP® SSA™
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122 Hume Street, Wodonga

www.generationsagedcareadvice.com.au

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